

Farmhouse Inns Main Menu Nutritional Information Spring Summer 2020



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
Farmhouse Inns - SS20 Main Menu	Starters	Soup of the Day - Please speak to a member of the team for today's flavour	866	10%	207	10%	4.9	7%	2.6	13%	37.5	14%	1.6	2%	5.9	12%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Carrot & Coriander Soup	317	4%	76	4%	0.0	0%	0.0	0%	16.1	6%	9.2	10%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Roasted White Onion Soup	554	7%	131	7%	6.9	10%	6.9	35%	11.5	4%	2.3	3%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Roasted Mushroom Soup	846	10%	200	10%	16.1	23%	9.2	46%	2.3	1%	2.3	3%	4.6	9%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Spicy Root Vegetable Soup	370	4%	87	4%	0.0	0%	0.0	0%	18.4	7%	6.9	8%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Pea & Mint Soup	1187	14%	283	14%	16.1	23%	0.0	0%	20.7	8%	11.5	13%	11.5	23%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Broccoli & Stilton Soup	662	8%	159	8%	11.5	16%	6.9	35%	9.2	4%	4.6	5%	9.2	18%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Roasted Tomato & Basil Soup	407	5%	97	5%	4.6	7%	0.0	0%	11.5	4%	9.2	10%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Split Red Lentil Soup	476	6%	113	6%	0.0	0%	0.0	0%	16.1	6%	2.3	3%	9.2	18%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Leek, Potato & Chive Soup	633	8%	150	7%	11.5	16%	9.2	46%	9.2	4%	4.6	5%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Root Vegetable Soup	354	4%	83	4%	0.0	0%	0.0	0%	16.1	6%	6.9	8%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Starters	Big Cheesy Nachos v	3713	44%	888	44%	48.7	70%	20.0	100%	85.4	33%	12.7	14%	22.0	44%	3.21	54%
Farmhouse Inns - SS20 Main Menu	Starters	Garlic Breaded Button Mushrooms v	2354	28%	563	28%	37.5	54%	3.2	16%	45.2	17%	3.1	3%	9.1	18%	1.56	26%
Farmhouse Inns - SS20 Main Menu	Starters	Southern-fried Chicken Goujons	1770	21%	424	21%	19.2	27%	4.6	23%	21.5	8%	12.3	14%	24.8	50%	2.18	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
Farmhouse Inns - SS20 Main Menu	Starters	Chicken Liver Pate	1983	24%	474	24%	24.8	35%	8.6	43%	50.1	19%	17.7	20%	11.3	23%	1.69	28%
Farmhouse Inns - SS20 Main Menu	Starters	Cheesy Garlic Bread v	2739	33%	655	33%	36.4	52%	16.1	81%	56.2	22%	3.3	4%	24.3	49%	2.15	36%
Farmhouse Inns - SS20 Main Menu	Starters	Chicken Wings - Please select your sauce choice listed below	4231	50%	1015	51%	68.3	98%	21.7	109%	2.4	1%	1.9	2%	50.3	101%	1.42	24%
Farmhouse Inns - SS20 Main Menu	Starters	Char Sui Sauce	544	6%	130	7%	8.0	11%	0.4	2%	14.0	5%	12.0	13%	0.4	1%	0.40	7%
Farmhouse Inns - SS20 Main Menu	Starters	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Farmhouse Inns - SS20 Main Menu	Starters	Piri Piri Hot Sauce	84	1%	20	1%	1.2	2%	0.0	0%	2.4	1%	1.6	2%	0.4	1%	2.40	40%
Farmhouse Inns - SS20 Main Menu	Starters	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Farmhouse Inns - SS20 Main Menu	Starters	Salad Bowl v	3066	37%	733	37%	38.3	55%	3.7	18%	72.2	28%	29.0	32%	16.6	33%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Starters	Big Cheesy Nachos with Chilli - Please select from below	3713	44%	888	44%	48.7	70%	20.0	100%	85.4	33%	12.7	14%	22.0	44%	3.21	54%
Farmhouse Inns - SS20 Main Menu	Starters	Smoky Bean Chilli	1106	13%	264	13%	1.6	2%	0.4	2%	42.2	16%	12.3	14%	14.7	29%	1.92	32%
Farmhouse Inns - SS20 Main Menu	Starters	Chilli Con Carne	610	7%	146	7%	5.9	8%	2.9	14%	15.8	6%	5.9	7%	3.8	8%	1.03	17%
Farmhouse Inns - SS20 Main Menu	Starters	Chicken Tikka Poppadom	1917	23%	458	23%	28.9	41%	3.0	15%	17.5	7%	5.3	6%	32.1	64%	2.22	37%
Farmhouse Inns - SS20 Main Menu	Starters	Halloumi Fries v - Please select your sauce choice listed below	2080	25%	497	25%	40.3	58%	21.3	106%	4.0	2%	3.5	4%	28.9	58%	3.31	55%
Farmhouse Inns - SS20 Main Menu	Starters	Char Sui Sauce	544	6%	130	7%	8.0	11%	0.4	2%	14.0	5%	12.0	13%	0.4	1%	0.40	7%

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
Farmhouse Inns - SS20 Main Menu	Starters	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Farmhouse Inns - SS20 Main Menu	Starters	Piri Piri Hot Sauce	84	1%	20	1%	1.2	2%	0.0	0%	2.4	1%	1.6	2%	0.4	1%	2.40	40%
Farmhouse Inns - SS20 Main Menu	Starters	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Farmhouse Inns - SS20 Main Menu	Sharers	Chicken Sharer	9551	114%	2287	114%	122.4	175%	25.9	129%	139.3	54%	57.9	64%	89.4	179%	8.85	148%
Farmhouse Inns - SS20 Main Menu	Burgers	Cheese Burger	6100	73%	1456	73%	80.1	114%	11.9	60%	149.2	57%	10.6	12%	35.5	71%	3.04	51%
Farmhouse Inns - SS20 Main Menu	Burgers	Smoked Bacon & Cheese Burger	6375	76%	1522	76%	85.9	123%	14.1	71%	149.2	57%	10.6	12%	38.8	78%	3.69	62%
Farmhouse Inns - SS20 Main Menu	Burgers	Dirty Hunters Burger	8257	98%	1972	99%	104.7	150%	13.8	69%	202.8	78%	26.9	30%	50.5	101%	4.32	72%
Farmhouse Inns - SS20 Main Menu	Burgers	Tex Mex Chicken Burger	8765	104%	2093	105%	114.7	164%	16.1	80%	212.8	82%	22.8	25%	49.3	99%	4.16	69%
Farmhouse Inns - SS20 Main Menu	Burgers	Bombay Bird Burger	9491	113%	2267	113%	136.4	195%	16.2	81%	201.5	77%	29.8	33%	57.6	115%	6.18	103%
Farmhouse Inns - SS20 Main Menu	Burgers	Chilli Burger	7248	86%	1730	87%	93.7	134%	14.2	71%	175.9	68%	16.6	18%	39.7	79%	3.94	66%
Farmhouse Inns - SS20 Main Menu	Burgers	Chickpea & Red Pepper Burger v	6213	74%	1483	74%	68.0	97%	4.8	24%	198.5	76%	30.8	34%	20.7	41%	2.98	50%
Farmhouse Inns - SS20 Main Menu	Burgers	The Farm Giant Burger	9012	107%	2154	108%	122.7	175%	23.6	118%	183.0	70%	25.4	28%	69.5	139%	5.81	97%
Farmhouse Inns - SS20 Main Menu	Burgers	Farmhouse BBQ Mac Stack Burger	8429	100%	2013	101%	105.5	151%	18.1	90%	205.3	79%	20.3	23%	56.9	114%	5.72	95%
Farmhouse Inns - SS20 Main Menu	Burgers	Cheese Burger - Double Up	6923	82%	1653	83%	91.9	131%	18.0	90%	151.5	58%	10.9	12%	55.0	110%	4.51	75%

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
Farmhouse Inns - SS20 Main Menu	Burgers	Smoked Bacon & Cheese Burger - Double Up	7198	86%	1718	86%	97.8	140%	20.2	101%	151.5	58%	10.9	12%	58.4	117%	5.16	86%
Farmhouse Inns - SS20 Main Menu	Burgers	Dirty Hunters Burger - Double Up	9605	114%	2293	115%	121.6	174%	16.6	83%	222.5	86%	27.9	31%	76.6	153%	5.72	95%
Farmhouse Inns - SS20 Main Menu	Burgers	Tex Mex Chicken Burger - Double Up	10113	120%	2415	121%	131.6	188%	18.9	94%	232.5	89%	23.9	27%	75.4	151%	5.55	93%
Farmhouse Inns - SS20 Main Menu	Burgers	Bombay Bird Burger - Double Up	10838	129%	2589	129%	153.3	219%	19.0	95%	221.2	85%	30.8	34%	83.7	167%	7.58	126%
Farmhouse Inns - SS20 Main Menu	Burgers	Chilli Burger - Double Up	8071	96%	1927	96%	105.6	151%	20.2	101%	178.2	69%	16.9	19%	59.3	119%	5.42	90%
Farmhouse Inns - SS20 Main Menu	Burgers	Chickpea & Red Pepper Burger - Double Up v	6985	83%	1668	83%	69.8	100%	5.1	26%	234.0	90%	39.2	44%	26.7	53%	4.26	71%
Farmhouse Inns - SS20 Main Menu	Burgers	Farmhouse BBQ Mac Stack Burger - Double Up	9252	110%	2209	110%	117.4	168%	24.1	121%	207.6	80%	20.6	23%	76.4	153%	7.20	120%
Farmhouse Inns - SS20 Main Menu	Classics	Hunter's Chicken	6339	75%	1513	76%	72.4	103%	12.6	63%	147.7	57%	36.7	41%	60.2	120%	3.82	64%
Farmhouse Inns - SS20 Main Menu	Classics	Farmhouse Sausages & Mash	6685	80%	1598	80%	94.8	135%	23.8	119%	133.6	51%	23.4	26%	51.1	102%	7.57	126%
Farmhouse Inns - SS20 Main Menu	Classics	All Day Breakfast - Please select your bread choice listed below	5390	64%	1291	65%	81.9	117%	27.1	136%	71.8	28%	15.0	17%	60.8	122%	7.29	122%
Farmhouse Inns - SS20 Main Menu	Classics	Malted Bloomer Sliced	1167	14%	279	14%	1.9	3%	0.7	3%	51.9	20%	1.1	1%	11.5	23%	1.04	17%
Farmhouse Inns - SS20 Main Menu	Classics	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.16	19%
Farmhouse Inns - SS20 Main Menu	Classics	Farmhouse Chicken Tikka Masala - Please select your side choice listed below	3911	47%	935	47%	46.5	66%	10.2	51%	85.7	33%	37.3	41%	41.6	83%	4.84	81%
Farmhouse Inns - SS20 Main Menu	Classics	Basmati Pilau Rice	1817	22%	434	22%	1.3	2%	0.3	2%	94.9	36%	0.3	0%	9.0	18%	1.92	32%

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
Farmhouse Inns - SS20 Main Menu	Classics	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Classics	Pilau Rice and Chips	2511	30%	599	30%	20.3	29%	1.6	8%	97.8	38%	1.6	2%	7.3	15%	1.08	18%
Farmhouse Inns - SS20 Main Menu	Classics	Crispy Chicken Medley - Please select your topping choice listed below	7891	94%	1884	94%	103.5	148%	17.3	86%	167.4	64%	12.2	14%	70.8	142%	4.23	71%
Farmhouse Inns - SS20 Main Menu	Classics	Peppercorn Sauce	501	6%	119	6%	12.0	17%	9.0	45%	3.0	1%	1.0	1%	1.0	2%	0.48	8%
Farmhouse Inns - SS20 Main Menu	Classics	Diane Sauce	456	5%	109	5%	10.0	14%	8.0	40%	2.0	1%	1.0	1%	1.0	2%	0.42	7%
Farmhouse Inns - SS20 Main Menu	Classics	Parmigiana Topper	633	8%	151	8%	10.5	15%	6.3	32%	3.2	1%	3.2	4%	10.5	21%	0.94	16%
Farmhouse Inns - SS20 Main Menu	Classics	Curried Chicken Skewer - Please select your skewer choice listed below	3849	46%	920	46%	36.2	52%	3.1	16%	130.2	50%	7.3	8%	17.3	35%	4.85	81%
Farmhouse Inns - SS20 Main Menu	Classics	Chicken Breast Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.64	27%
Farmhouse Inns - SS20 Main Menu	Classics	Southern Fried Chicken Skewer	1766	21%	422	21%	22.3	32%	3.7	18%	27.8	11%	0.0	0%	22.7	45%	2.11	35%
Farmhouse Inns - SS20 Main Menu	Classics	Hand-carved Ham & Eggs	5475	65%	1308	65%	73.7	105%	10.2	51%	109.6	42%	7.6	8%	56.1	112%	5.90	98%
Farmhouse Inns - SS20 Main Menu	Classics	Beef Lasagne	6244	74%	1491	75%	70.2	100%	16.0	80%	155.7	60%	10.7	12%	35.0	70%	4.56	76%
Farmhouse Inns - SS20 Main Menu	Classics	Naked Beef Lasagne	2458	29%	587	29%	22.4	32%	10.4	52%	39.3	15%	13.6	15%	27.2	54%	4.12	69%
Farmhouse Inns - SS20 Main Menu	Classics	Luxury Macaroni Cheese v	3259	39%	779	39%	33.2	47%	15.2	76%	92.5	36%	6.2	7%	31.7	63%	4.51	75%
Farmhouse Inns - SS20 Main Menu	Classics	Smothered Chicken	7176	85%	1716	86%	98.8	141%	21.9	110%	134.5	52%	12.1	13%	65.5	131%	3.16	53%

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
Farmhouse Inns - SS20 Main Menu	Classics	Minted Lamb Shank	5536	66%	1323	66%	78.8	113%	34.8	174%	81.2	31%	26.3	29%	72.1	144%	1.90	32%
Farmhouse Inns - SS20 Main Menu	Classics	Fully Loaded Chicken Strips	7393	88%	1765	88%	89.9	128%	16.4	82%	188.5	73%	21.4	24%	45.0	90%	3.92	65%
Farmhouse Inns - SS20 Main Menu	Classics	Vegetable Tart v - Please select your side choice listed below	2453	29%	586	29%	27.2	39%	7.5	37%	70.3	27%	16.6	18%	10.7	21%	3.83	64%
Farmhouse Inns - SS20 Main Menu	Classics	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Classics	Mashed Potato	1158	14%	276	14%	9.0	13%	6.0	30%	45.0	17%	6.0	7%	3.0	6%	0.60	10%
Farmhouse Inns - SS20 Main Menu	Classics	Chicken Korma - Please select your side choice listed below	4192	50%	1002	50%	54.1	77%	19.4	97%	83.5	32%	33.9	38%	43.9	88%	4.81	80%
Farmhouse Inns - SS20 Main Menu	Classics	Basmati Pilau Rice	1817	22%	434	22%	1.3	2%	0.3	2%	94.9	36%	0.3	0%	9.0	18%	1.92	32%
Farmhouse Inns - SS20 Main Menu	Classics	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Classics	Pilau Rice and Chips	2511	30%	599	30%	20.3	29%	1.6	8%	97.8	38%	1.6	2%	7.3	15%	1.08	18%
Farmhouse Inns - SS20 Main Menu	Classics	Farmhouse Chicken & BBQ Ribs - Please select your side choice listed below	6138	73%	1465	73%	80.2	115%	12.0	60%	123.3	47%	15.3	17%	63.8	128%	2.94	49%
Farmhouse Inns - SS20 Main Menu	Classics	Char Sui Sauce	2039	24%	488	24%	30.0	43%	1.5	8%	52.5	20%	45.0	50%	1.5	3%	1.50	25%
Farmhouse Inns - SS20 Main Menu	Classics	Texan BBQ Sauce	1130	13%	270	14%	0.0	0%	0.0	0%	51.0	20%	45.0	50%	3.0	6%	0.36	6%
Farmhouse Inns - SS20 Main Menu	Classics	Piri Piri Hot Sauce	314	4%	75	4%	4.5	6%	0.0	0%	9.0	3%	6.0	7%	1.5	3%	9.00	150%
Farmhouse Inns - SS20 Main Menu	Classics	Sweet Chilli Sauce	1029	12%	246	12%	0.0	0%	0.0	0%	61.5	24%	46.5	52%	1.5	3%	1.50	25%

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
Farmhouse Inns - SS20 Main Menu	Classics	Farmhouse Beef Chilli - Please select your side choice listed below	2404	29%	575	29%	28.4	41%	12.5	63%	59.3	23%	20.3	23%	11.5	23%	3.21	54%
Farmhouse Inns - SS20 Main Menu	Classics	Basmati Pilau Rice	1817	22%	434	22%	1.3	2%	0.3	2%	94.9	36%	0.3	0%	9.0	18%	1.92	32%
Farmhouse Inns - SS20 Main Menu	Classics	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Classics	Pilau Rice and Chips	2511	30%	599	30%	20.3	29%	1.6	8%	97.8	38%	1.6	2%	7.3	15%	1.08	18%
Farmhouse Inns - SS20 Main Menu	Classics	Farmhouse Smokey Bean Chilli v - Please select your side choice listed below	3396	40%	812	41%	19.7	28%	7.5	37%	112.0	43%	33.0	37%	33.3	67%	4.99	83%
Farmhouse Inns - SS20 Main Menu	Classics	Basmati Pilau Rice	1817	22%	434	22%	1.3	2%	0.3	2%	94.9	36%	0.3	0%	9.0	18%	1.92	32%
Farmhouse Inns - SS20 Main Menu	Classics	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Classics	Pilau Rice and Chips	2511	30%	599	30%	20.3	29%	1.6	8%	97.8	38%	1.6	2%	7.3	15%	1.08	18%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Combo Feast - Please select your combo options listed below																
Farmhouse Inns - SS20 Main Menu	Combo Feast	Garlic Slices	941	11%	225	11%	10.6	15%	3.2	16%	27.1	10%	1.2	1%	4.6	9%	0.58	10%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Mac & Cheese	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Onion Rings	1369	16%	327	16%	17.8	25%	1.3	7%	29.8	11%	4.1	5%	3.7	7%	0.05	1%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Coleslaw	1323	16%	317	16%	30.0	43%	1.5	8%	9.0	3%	4.5	5%	1.5	3%	0.00	0%

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
Farmhouse Inns - SS20 Main Menu	Combo Feast	Side Salad	195	2%	47	2%	1.1	2%	0.2	1%	6.1	2%	3.6	4%	1.2	2%	0.24	4%
Farmhouse Inns - SS20 Main Menu	Combo Feast	BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Corn on the Cob	673	8%	161	8%	11.2	16%	1.4	7%	8.4	3%	2.3	3%	3.7	7%	0.07	1%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Chicken Breast Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.64	27%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Roast Chicken Fillets	747	9%	179	9%	0.7	1%	1.0	5%	4.6	2%	0.9	1%	38.4	77%	0.84	14%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Chicken Wings	2247	27%	538	27%	33.6	48%	9.3	47%	0.0	0%	0.0	0%	32.6	65%	0.54	9%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Louisiana Chicken Strips	1166	14%	280	14%	15.4	22%	3.7	18%	5.8	2%	0.0	0%	21.0	42%	1.38	23%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Southern Fried Chicken Skewer	1766	21%	422	21%	22.3	32%	3.7	18%	27.8	11%	0.0	0%	22.7	45%	2.11	35%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Char Sui Sauce	815	10%	195	10%	12.0	17%	0.6	3%	21.0	8%	18.0	20%	0.6	1%	0.60	10%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Texan BBQ Sauce	452	5%	108	5%	0.0	0%	0.0	0%	20.4	8%	18.0	20%	1.2	2%	0.36	6%
Farmhouse Inns - SS20 Main Menu	Combo Feast	Piri Piri Hot Sauce	125	1%	30	2%	1.8	3%	0.0	0%	3.6	1%	2.4	3%	0.6	1%	3.60	60%
Farmhouse Inns - SS20 Main Menu	Combo Feast	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%
Farmhouse Inns - SS20 Main Menu	From The Sea	Farmhouse Chip Shop Supper - Please select your side choices listed below	10191	121%	2437	122%	134.1	192%	39.7	199%	217.8	84%	19.5	22%	66.4	133%	4.48	75%
Farmhouse Inns - SS20 Main Menu	From The Sea	Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%

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
Farmhouse Inns - SS20 Main Menu	From The Sea	Gravy	175	2%	42	2%	1.4	2%	1.4	7%	7.0	3%	0.0	0%	0.0	0%	1.40	23%
Farmhouse Inns - SS20 Main Menu	From The Sea	Garden Peas	538	6%	129	6%	7.2	10%	0.0	0%	8.8	3%	4.8	5%	4.8	10%	0.00	0%
Farmhouse Inns - SS20 Main Menu	From The Sea	Mushy Peas	446	5%	107	5%	1.3	2%	0.0	0%	16.9	7%	1.3	1%	6.5	13%	0.00	0%
Farmhouse Inns - SS20 Main Menu	From The Sea	Beer-Battered Fish - Please select your side choice listed below	7600	90%	1818	91%	105.3	150%	34.2	171%	148.2	57%	8.9	10%	46.8	94%	2.08	35%
Farmhouse Inns - SS20 Main Menu	From The Sea	Garden Peas	538	6%	129	6%	7.2	10%	0.0	0%	8.8	3%	4.8	5%	4.8	10%	0.00	0%
Farmhouse Inns - SS20 Main Menu	From The Sea	Mushy Peas	446	5%	107	5%	1.3	2%	0.0	0%	16.9	7%	1.3	1%	6.5	13%	0.00	0%
Farmhouse Inns - SS20 Main Menu	From The Sea	Large Beer-Battered Cod - Please select your side choice listed below	7259	86%	1736	87%	100.3	143%	31.6	158%	144.5	56%	8.6	10%	77.0	154%	1.93	32%
Farmhouse Inns - SS20 Main Menu	From The Sea	Garden Peas	538	6%	129	6%	7.2	10%	0.0	0%	8.8	3%	4.8	5%	4.8	10%	0.00	0%
Farmhouse Inns - SS20 Main Menu	From The Sea	Mushy Peas	446	5%	107	5%	1.3	2%	0.0	0%	16.9	7%	1.3	1%	6.5	13%	0.00	0%
Farmhouse Inns - SS20 Main Menu	From The Sea	Wholetail Breaded Whitby Scampi	5992	71%	1431	72%	77.2	110%	5.2	26%	155.9	60%	11.2	12%	24.5	49%	2.76	46%
Farmhouse Inns - SS20 Main Menu	From The Sea	Naked Wholetail Breaded Scampi	2308	27%	552	28%	26.7	38%	2.4	12%	54.2	21%	8.5	9%	16.1	32%	2.91	49%
Farmhouse Inns - SS20 Main Menu	From The Sea	Grilled Sea Bass Fillets	3460	41%	826	41%	53.6	77%	4.0	20%	43.8	17%	5.4	6%	39.9	80%	0.75	13%
Farmhouse Inns - SS20 Main Menu	From The Sea	Scottish Salmon Fillet	2955	35%	706	35%	33.6	48%	6.2	31%	52.1	20%	7.6	8%	42.5	85%	0.60	10%
Farmhouse Inns - SS20 Main Menu	From The Sea	Add Smoked Hollandaise	589	7%	141	7%	12.4	18%	6.1	30%	5.8	2%	2.8	3%	1.4	3%	0.43	7%

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
Farmhouse Inns - SS20 Main Menu	From The Sea	Sweet Chilli Salmon & Noodles	2873	34%	687	34%	27.2	39%	4.6	23%	66.5	26%	26.3	29%	42.0	84%	4.16	69%
Farmhouse Inns - SS20 Main Menu	Grills	Gammon Steaks - Please select your side choice listed below	5437	65%	1298	65%	58.6	84%	7.3	37%	113.5	44%	11.3	13%	79.2	158%	5.78	96%
Farmhouse Inns - SS20 Main Menu	Grills	Pineapple Slice	552	7%	132	7%	0.0	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.00	0%
Farmhouse Inns - SS20 Main Menu	Grills	Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.50	8%
Farmhouse Inns - SS20 Main Menu	Grills	Egg & Pineapple Slice	774	9%	186	9%	9.4	13%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.26	4%
Farmhouse Inns - SS20 Main Menu	Grills	Naked Gammon Steaks - Please select your side choice listed below	2050	24%	490	24%	14.3	20%	5.0	25%	15.0	6%	9.6	11%	71.0	142%	5.98	100%
Farmhouse Inns - SS20 Main Menu	Grills	Pineapple Slice	552	7%	132	7%	0.0	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.00	0%
Farmhouse Inns - SS20 Main Menu	Grills	Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.50	8%
Farmhouse Inns - SS20 Main Menu	Grills	Egg & Pineapple Slice	774	9%	186	9%	9.4	13%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.26	4%
Farmhouse Inns - SS20 Main Menu	Grills	Farmhouse Mixed Grill	8911	106%	2129	106%	119.7	171%	24.5	123%	147.4	57%	17.5	19%	109.3	219%	5.57	93%
Farmhouse Inns - SS20 Main Menu	Grills	8oz Rump	5934	71%	1416	71%	76.6	109%	10.8	54%	130.7	50%	12.3	14%	47.0	94%	1.87	31%
Farmhouse Inns - SS20 Main Menu	Grills	8oz Sirloin	6112	73%	1459	73%	80.8	115%	13.0	65%	130.7	50%	12.3	14%	48.5	97%	1.89	32%
Farmhouse Inns - SS20 Main Menu	Grills	9oz Rib Eye	6688	80%	1596	80%	96.4	138%	20.1	101%	130.7	50%	12.3	14%	47.7	95%	1.88	31%
Farmhouse Inns - SS20 Main Menu	Grills	Naked 8oz Rump	1725	21%	412	21%	21.6	31%	7.7	38%	14.2	5%	8.1	9%	36.6	73%	2.04	34%

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
Farmhouse Inns - SS20 Main Menu	Grills	Naked 8oz Sirloin	1903	23%	455	23%	25.8	37%	9.8	49%	14.2	5%	8.1	9%	38.1	76%	2.06	34%
Farmhouse Inns - SS20 Main Menu	Grills	Naked 9oz Rib Eye	2479	30%	592	30%	41.4	59%	17.0	85%	14.2	5%	8.1	9%	37.3	75%	2.05	34%
Farmhouse Inns - SS20 Main Menu	Grills	Farmhouse Kebab Feast - Please select your sauce and side choice listed below	4330	52%	1035	52%	49.4	71%	18.0	90%	78.4	30%	34.5	38%	63.2	126%	6.00	100%
Farmhouse Inns - SS20 Main Menu	Grills	Char Sui Sauce	1359	16%	325	16%	20.0	29%	1.0	5%	35.0	13%	30.0	33%	1.0	2%	1.00	17%
Farmhouse Inns - SS20 Main Menu	Grills	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.36	6%
Farmhouse Inns - SS20 Main Menu	Grills	Piri Piri Hot Sauce	209	2%	50	3%	3.0	4%	0.0	0%	6.0	2%	4.0	4%	1.0	2%	6.00	100%
Farmhouse Inns - SS20 Main Menu	Grills	Sweet Chilli Sauce	686	8%	164	8%	0.0	0%	0.0	0%	41.0	16%	31.0	34%	1.0	2%	1.00	17%
Farmhouse Inns - SS20 Main Menu	Grills	Basmati Pilau	908	11%	217	11%	0.7	1%	0.2	1%	47.4	18%	0.2	0%	4.5	9%	0.96	16%
Farmhouse Inns - SS20 Main Menu	Grills	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Pies	British Beef & Ale Pie - Please select your side choice listed below	4862	58%	1162	58%	58.4	83%	24.6	123%	119.5	46%	18.3	20%	34.4	69%	5.11	85%
Farmhouse Inns - SS20 Main Menu	Pies	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Pies	Mashed Potato	1158	14%	276	14%	9.0	13%	6.0	30%	45.0	17%	6.0	7%	3.0	6%	0.60	10%
Farmhouse Inns - SS20 Main Menu	Pies	British Chicken & Roasted Mushroom Pie - Please select your side choice listed below	4388	52%	1049	52%	52.8	75%	32.7	163%	106.4	41%	14.7	16%	32.8	66%	4.78	80%
Farmhouse Inns - SS20 Main Menu	Pies	Chips	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	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
Farmhouse Inns - SS20 Main Menu	Pies	Mashed Potato	1158	14%	276	14%	9.0	13%	6.0	30%	45.0	17%	6.0	7%	3.0	6%	0.60	10%
Farmhouse Inns - SS20 Main Menu	Pies	Cheese, Onion & Potato Pie v	7647	91%	1826	91%	91.7	131%	25.4	127%	218.5	84%	17.7	20%	31.2	62%	4.42	74%
Farmhouse Inns - SS20 Main Menu	Salads	Farmhouse Hot Chicken & Bacon Salad	3978	47%	951	48%	57.1	82%	8.6	43%	44.4	17%	10.2	11%	59.9	120%	2.92	49%
Farmhouse Inns - SS20 Main Menu	Salads	Ultimate Ploughman's	6857	82%	1637	82%	89.6	128%	37.0	185%	139.2	54%	42.5	47%	78.6	157%	9.20	153%
Farmhouse Inns - SS20 Main Menu	Jacket Potatoes	Mozzarella & Cheddar Cheese Jacket v	1772	21%	424	21%	20.2	29%	12.5	62%	40.8	16%	4.8	5%	16.9	34%	0.99	17%
Farmhouse Inns - SS20 Main Menu	Jacket Potatoes	Cheese & Beans Jacket v	2132	25%	510	25%	20.2	29%	12.5	62%	55.8	21%	10.8	12%	20.9	42%	1.79	30%
Farmhouse Inns - SS20 Main Menu	Jacket Potatoes	Tuna Mayonnaise Jacket	2021	24%	483	24%	18.9	27%	4.5	22%	39.8	15%	4.3	5%	31.6	63%	1.36	23%
Farmhouse Inns - SS20 Main Menu	Jacket Potatoes	Baked Beans Jacket v	1803	21%	431	22%	7.7	11%	4.5	22%	69.8	27%	16.3	18%	12.4	25%	1.84	31%
Farmhouse Inns - SS20 Main Menu	Jacket Potatoes	Beef Chilli Jacket	1694	20%	405	20%	13.6	19%	7.4	37%	55.6	21%	10.2	11%	8.2	16%	1.28	21%
Farmhouse Inns - SS20 Main Menu	Jacket Potatoes	Smoky Bean Chilli Jacket v	2189	26%	523	26%	9.2	13%	4.8	24%	82.0	32%	16.5	18%	19.1	38%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Cheese & Chutney v - Please select your bread choice listed below	3452	41%	824	41%	49.9	71%	14.8	74%	71.8	28%	18.8	21%	23.9	48%	1.54	26%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Ciabatta	925	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Floured Bap	860	10%	206	10%	1.2	2%	0.2	1%	40.1	15%	3.3	4%	7.4	15%	0.74	12%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Southern-fried Chicken Goujons & Mayonnaise - Please select your bread choice listed below	4059	48%	970	48%	67.5	96%	6.9	34%	60.3	23%	4.0	4%	21.8	44%	1.86	31%

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
Farmhouse Inns - SS20 Main Menu	Sandwiches	Ciabatta	925	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Floured Bap	860	10%	206	10%	1.2	2%	0.2	1%	40.1	15%	3.3	4%	7.4	15%	0.74	12%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Tuna Melt - Please select your bread choice listed below	3231	38%	771	39%	48.0	69%	10.0	50%	55.2	21%	3.7	4%	29.6	59%	1.61	27%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Ciabatta	925	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Floured Bap	860	10%	206	10%	1.2	2%	0.2	1%	40.1	15%	3.3	4%	7.4	15%	0.74	12%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Chicken, Smoked Bacon & Tomato Melt - Please select your bread choice listed below	4028	48%	962	48%	60.4	86%	17.1	86%	59.9	23%	6.6	7%	45.7	91%	3.44	57%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Ciabatta	925	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Floured Bap	860	10%	206	10%	1.2	2%	0.2	1%	40.1	15%	3.3	4%	7.4	15%	0.74	12%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Fish Fingers & Tartare Sauce - Please select your bread choice listed below	3893	46%	929	46%	54.8	78%	4.5	22%	87.8	34%	7.3	8%	20.9	42%	1.38	23%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Ciabatta	925	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Floured Bap	860	10%	206	10%	1.2	2%	0.2	1%	40.1	15%	3.3	4%	7.4	15%	0.74	12%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Hunter's Chicken Melt - Please select your bread choice listed below	3988	47%	952	48%	54.4	78%	14.8	74%	71.1	27%	16.1	18%	42.6	85%	3.14	52%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Ciabatta	925	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Sandwiches	Floured Bap	860	10%	206	10%	1.2	2%	0.2	1%	40.1	15%	3.3	4%	7.4	15%	0.74	12%

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
Farmhouse Inns - SS20 Main Menu	Sandwiches	Carvery Bap	4939	59%	1181	59%	54.2	77%	15.0	75%	127.3	49%	16.1	18%	37.8	76%	9.83	164%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Steak Sauce - Creamy Diane	457	5%	109	5%	10.0	14%	8.0	40%	2.0	1%	1.0	1%	1.0	2%	0.40	7%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Steak Sauce - Peppercorn	501	6%	120	6%	12.0	17%	9.0	45%	3.0	1%	1.0	1%	1.0	2%	0.50	8%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Texan BBQ Sauce v	603	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Garlic Mayonnaise v	797	9%	190	10%	18.4	26%	1.6	8%	4.8	2%	1.6	2%	0.8	2%	0.80	13%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Guacamole v	388	5%	93	5%	6.4	9%	1.6	8%	6.4	2%	0.8	1%	0.8	2%	0.00	0%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Piri Piri v	167	2%	40	2%	2.4	3%	0.0	0%	4.8	2%	3.2	4%	0.8	2%	5.44	91%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Salsa v	234	3%	56	3%	0.0	0%	0.0	0%	12.0	5%	10.4	12%	0.8	2%	1.20	20%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Sour Cream v	690	8%	165	8%	16.0	23%	10.4	52%	3.2	1%	3.2	4%	2.4	5%	0.00	0%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Sweet Chilli v	549	7%	131	7%	0.0	0%	0.0	0%	32.8	13%	24.8	28%	0.8	2%	0.80	13%
Farmhouse Inns - SS20 Main Menu	Dips & Sauces	Char Sui Sauce v	1088	13%	260	13%	16.0	23%	0.8	4%	28.0	11%	24.0	27%	0.8	2%	1.28	21%
Farmhouse Inns - SS20 Main Menu	Extras	Salad Bar Visit	3066	37%	733	37%	38.3	55%	3.7	18%	72.2	28%	29.0	32%	16.6	33%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Extras	Carvery Vegetable Visit	2743	33%	656	33%	34.0	49%	6.7	34%	71.1	27%	11.8	13%	9.4	19%	6.59	110%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Beans v	540	6%	129	6%	0.0	0%	0.0	0%	22.5	9%	9.0	10%	6.0	12%	1.20	20%

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
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Southern Fried Chicken	1347	16%	322	16%	16.9	24%	2.8	14%	19.7	8%	1.1	1%	26.1	52%	1.40	23%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Chicken Breast	373	4%	89	4%	0.3	0%	0.5	2%	2.3	1%	0.4	0%	19.2	38%	0.43	7%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Cheese v	688	8%	165	8%	12.5	18%	8.0	40%	1.0	0%	0.5	1%	12.5	25%	0.75	13%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Gravy v	175	2%	42	2%	1.4	2%	1.4	7%	7.0	3%	0.0	0%	0.0	0%	1.40	23%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Egg v	499	6%	120	6%	9.4	13%	2.0	10%	0.0	0%	0.0	0%	7.5	15%	0.26	4%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Sausage	759	9%	181	9%	12.5	18%	4.5	23%	6.8	3%	0.8	1%	10.1	20%	1.52	25%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Hash Brown v	326	4%	78	4%	3.6	5%	1.6	8%	10.7	4%	0.1	0%	1.3	3%	0.42	7%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Bacon	443	5%	106	5%	7.6	11%	3.0	15%	0.0	0%	0.0	0%	9.3	19%	1.46	24%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - Yorkshire Pudding v	1136	14%	272	14%	19.2	27%	1.5	7%	19.8	8%	1.2	1%	4.7	9%	0.50	8%
Farmhouse Inns - SS20 Main Menu	Extras	Extras - Pigs in Blanket	915	11%	219	11%	20.4	29%	7.4	37%	1.7	1%	0.1	0%	7.1	14%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Extras	Extra - 2 X Yorkshire Pudding v	2272	27%	543	27%	38.5	55%	3.0	15%	39.6	15%	2.3	3%	9.3	19%	0.99	17%
Farmhouse Inns - SS20 Main Menu	Sides	Chips v	3206	38%	764	38%	39.2	56%	2.8	14%	100.8	39%	2.8	3%	5.6	11%	0.28	5%
Farmhouse Inns - SS20 Main Menu	Sides	Garlic Bread v	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%

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
Farmhouse Inns - SS20 Main Menu	Sides	Bread & Butter v - Please select your bread choice listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Farmhouse Inns - SS20 Main Menu	Sides	Malted Bloomer Sliced	1167	14%	279	14%	1.9	3%	0.7	3%	51.9	20%	1.1	1%	11.5	23%	1.04	17%
Farmhouse Inns - SS20 Main Menu	Sides	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.16	19%
Farmhouse Inns - SS20 Main Menu	Sides	Side Salad Ve	195	2%	47	2%	1.1	2%	0.2	1%	6.1	2%	3.6	4%	1.2	2%	0.24	4%
Farmhouse Inns - SS20 Main Menu	Sides	Onion Rings v	2737	33%	654	33%	35.6	51%	2.6	13%	59.6	23%	8.2	9%	7.3	15%	0.10	2%
Farmhouse Inns - SS20 Main Menu	Sides	Button Mushrooms v	1161	14%	283	14%	28.8	41%	3.6	18%	0.0	0%	0.0	0%	3.6	7%	0.00	0%
Farmhouse Inns - SS20 Main Menu	Sides	Farmhouse Coleslaw v	883	11%	211	11%	20.0	29%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.20	3%
Farmhouse Inns - SS20 Main Menu	Sides	Mini Corn on the Cobs v	673	8%	161	8%	11.2	16%	1.4	7%	8.4	3%	2.2	2%	3.7	7%	0.06	1%
Farmhouse Inns - SS20 Main Menu	Sides	Topped Chips - Curry Sauce v	3796	45%	905	45%	51.0	73%	3.7	19%	109.0	42%	4.8	5%	6.8	14%	2.11	35%
Farmhouse Inns - SS20 Main Menu	Sides	Topped Chips - Hunters	4746	56%	1132	57%	63.4	91%	15.2	76%	115.4	44%	15.3	17%	25.6	51%	2.69	45%
Farmhouse Inns - SS20 Main Menu	Sides	Onion Bahjis v	2512	30%	600	30%	42.0	60%	3.1	15%	41.6	16%	5.0	6%	10.8	22%	3.19	53%
Farmhouse Inns - SS20 Main Menu	Sides	Mini Rack of Ribs	852	10%	204	10%	10.1	14%	3.8	19%	14.2	5%	9.3	10%	13.9	28%	1.31	22%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Vegetarian Small Saturday	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	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
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Vegetarian Standard Saturday	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Vegetarian Large Saturday	10536	125%	2519	126%	151.4	216%	20.0	100%	233.0	90%	32.8	36%	39.0	78%	12.00	200%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Small Saturday	4848	58%	1159	58%	64.2	92%	13.6	68%	103.2	40%	14.9	17%	34.7	69%	6.11	102%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Standard Saturday	6238	74%	1491	75%	83.1	119%	19.8	99%	118.4	46%	19.9	22%	57.9	116%	7.64	127%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Large Saturday	10315	123%	2466	123%	139.4	199%	28.0	140%	197.1	76%	30.8	34%	90.4	181%	12.45	208%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Ultimate Saturday	12823	153%	3065	153%	189.2	270%	40.6	203%	219.4	84%	32.1	36%	105.7	211%	14.36	239%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Vegetables & Potatoes Small Saturday	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Vegetables & Potatoes Standard Saturday	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Saturday	Carvery Vegetables & Potatoes Large Saturday	10536	125%	2519	126%	151.4	216%	20.0	100%	233.0	90%	32.8	36%	39.0	78%	12.00	200%

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
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Vegetarian Small Sunday	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Vegetarian Standard Sunday	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Vegetarian Large Sunday	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Small Sunday	4848	58%	1159	58%	64.2	92%	13.6	68%	103.2	40%	14.9	17%	34.7	69%	9.11	152%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Standard Sunday	6238	74%	1491	75%	83.1	119%	19.8	99%	118.4	46%	19.9	22%	57.9	116%	7.64	127%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Large Sunday	10315	123%	2466	123%	139.4	199%	28.0	140%	197.1	76%	30.8	34%	90.4	181%	12.45	208%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	FI Carvery Ultimate Sunday	12823	153%	3065	153%	189.2	270%	40.6	203%	219.4	84%	32.1	36%	105.7	211%	14.36	239%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Vegetables & Potatoes Small Sunday	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%

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
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Vegetables & Potatoes Standard Sunday	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Sunday & Bank Holiday	Carvery Vegetables & Potatoes Large Sunday	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Vegetarian Small Saturday Takeaway	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Vegetarian Standard Saturday Takeaway	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Vegetarian Large Saturday Takeaway	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Small Saturday Takeaway	4848	58%	1159	58%	64.2	92%	13.6	68%	103.2	40%	14.9	17%	34.7	69%	9.11	152%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Standard Saturday Takeaway	6238	74%	1491	75%	83.1	119%	19.8	99%	118.4	46%	19.9	22%	57.9	116%	7.64	127%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Large Saturday Takeaway	10315	123%	2466	123%	139.4	199%	28.0	140%	197.1	76%	30.8	34%	90.4	181%	12.45	208%

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
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Ultimate Saturday Takeaway	12772	152%	3053	153%	189.0	270%	40.4	202%	217.2	84%	31.4	35%	105.6	211%	14.06	234%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Vegetables & Potatoes Small Saturday Takeaway	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Vegetables & Potatoes Standard Saturday Takeaway	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Saturday	Carvery Vegetables & Potatoes Large Saturday Takeaway	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Vegetarian Small Sunday Takeaway	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Vegetarian Standard Sunday Takeaway	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Vegetarian Large Sunday Takeaway	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Small Sunday Takeaway	4848	58%	1159	58%	64.2	92%	13.6	68%	103.2	40%	14.9	17%	34.7	69%	9.11	152%

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
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Standard Sunday Takeaway	6238	74%	1491	75%	83.1	119%	19.8	99%	118.4	46%	19.9	22%	57.9	116%	7.64	127%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Large Sunday Takeaway	10315	123%	2466	123%	139.4	199%	28.0	140%	197.1	76%	30.8	34%	90.4	181%	12.45	208%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Ultimate Sunday Takeaway	12772	152%	3053	153%	189.0	270%	40.4	202%	217.2	84%	31.4	35%	105.6	211%	14.06	234%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Vegetables & Potatoes Small Sunday Takeaway	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Vegetables & Potatoes Standard Sunday Takeaway	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Sunday & Bank	Carvery Vegetables & Potatoes Large Sunday Takeaway	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Vegetarian Small Weekday Takeaway	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Vegetarian Standard Weekday Takeaway	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Vegetarian Large Weekday Takeaway	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	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
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Small Weekday Takeaway	4848	58%	1159	58%	64.2	92%	13.6	68%	103.2	40%	14.9	17%	34.7	69%	9.11	152%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Standard Weekday Takeaway	6238	74%	1491	75%	83.1	119%	19.8	99%	118.4	46%	19.9	22%	57.9	116%	7.64	127%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Large Weekday Takeaway	10315	123%	2466	123%	139.4	199%	28.0	140%	197.1	76%	30.8	34%	90.4	181%	12.45	208%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Ultimate Weekday Takeaway	12823	153%	3065	153%	189.2	270%	40.6	203%	219.4	84%	32.1	36%	105.7	211%	14.36	239%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Vegetables & Potatoes Small Weekday Takeaway	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Vegetables & Potatoes Standard Weekday Takeaway	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Takeaway Weekday	Carvery Vegetables & Potatoes Large Weekday Takeaway	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Vegetarian Small Weekday	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Vegetarian Standard Weekday	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%

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
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Vegetarian Large Weekday	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Cheese, Potato & Onion Pie	3831	46%	916	46%	51.7	74%	21.7	109%	92.4	36%	6.5	7%	20.0	40%	2.17	36%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Roasted Root Veg Rainbow Tart	1550	18%	371	19%	18.6	27%	6.1	30%	43.5	17%	6.3	7%	4.8	10%	2.21	37%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Small Weekday	4848	58%	1159	58%	64.2	92%	13.6	68%	103.2	40%	14.9	17%	34.7	69%	9.11	152%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Standard Weekday	6238	74%	1491	75%	83.1	119%	19.8	99%	118.4	46%	19.9	22%	57.9	116%	7.64	127%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Large Weekday	10315	123%	2466	123%	139.4	199%	28.0	140%	197.1	76%	30.8	34%	90.4	181%	12.45	208%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Ultimate Weekday	12823	153%	3065	153%	189.2	270%	40.6	203%	219.4	84%	32.1	36%	105.7	211%	14.36	239%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Vegetables & Potatoes Small Weekday	4194	50%	1003	50%	55.6	79%	10.1	51%	103.0	40%	14.9	17%	14.7	29%	8.68	145%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Vegetables & Potatoes Standard Weekday	4929	59%	1178	59%	65.9	94%	12.8	64%	118.1	45%	19.9	22%	17.8	36%	6.78	113%
Farmhouse Inns - SS20 Main Menu	Carvery Weekday	Carvery Vegetables & Potatoes Large Weekday	8295	99%	1983	99%	112.9	161%	17.1	85%	194.9	75%	30.6	34%	30.0	60%	11.04	184%
Farmhouse Inns - SS20 Main Menu	Toppers	Steak Topper - Hunter's	1841	22%	440	22%	24.2	35%	12.4	62%	28.2	11%	24.5	27%	20.8	42%	2.77	46%
Farmhouse Inns - SS20 Main Menu	Toppers	Steak Topper - 2 Fried Eggs	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.52	9%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add Soup of the Day - Please speak to a member of the team for today's flavour																
Farmhouse Inns - SS20 Main Menu	Upgrades	Carrot & Coriander Soup	317	4%	76	4%	0.0	0%	0.0	0%	16.1	6%	9.2	10%	2.3	5%	0.08	1%

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
Farmhouse Inns - SS20 Main Menu	Upgrades	Roasted White Onion Soup	554	7%	131	7%	6.9	10%	6.9	35%	11.5	4%	2.3	3%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Roasted Mushroom Soup	846	10%	200	10%	16.1	23%	9.2	46%	2.3	1%	2.3	3%	4.6	9%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Spicy Root Vegetable Soup	370	4%	87	4%	0.0	0%	0.0	0%	18.4	7%	6.9	8%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Pea & Mint Soup	1187	14%	283	14%	16.1	23%	0.0	0%	20.7	8%	11.5	13%	11.5	23%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Broccoli & Stilton Soup	662	8%	159	8%	11.5	16%	6.9	35%	9.2	4%	4.6	5%	9.2	18%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Roasted Tomato & Basil Soup	407	5%	97	5%	4.6	7%	0.0	0%	11.5	4%	9.2	10%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Split Red Lentil Soup	476	6%	113	6%	0.0	0%	0.0	0%	16.1	6%	2.3	3%	9.2	18%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Leek, Potato & Chive Soup	633	8%	150	7%	11.5	16%	9.2	46%	9.2	4%	4.6	5%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Root Vegetable Soup	354	4%	83	4%	0.0	0%	0.0	0%	16.1	6%	6.9	8%	2.3	5%	0.08	1%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add 4oz Gammon Steak	829	10%	198	10%	6.1	9%	2.2	11%	1.3	1%	1.2	1%	34.3	69%	2.74	46%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add 4oz Rump Steak	592	7%	142	7%	8.2	12%	3.5	18%	0.0	0%	0.0	0%	16.8	34%	0.11	2%
Farmhouse Inns - SS20 Main Menu	Upgrades	Upgrade - Curry Sauce Chip Topper v	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Farmhouse Inns - SS20 Main Menu	Upgrades	Upgrade - Hunters Chip Topper	1540	18%	368	18%	24.2	35%	12.4	62%	14.6	6%	12.5	14%	20.0	40%	2.41	40%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add 2 Onion Bhajis v	1503	18%	361	18%	24.8	35%	2.2	11%	26.0	10%	9.0	10%	6.9	14%	1.04	17%

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
Farmhouse Inns - SS20 Main Menu	Upgrades	Add Extra Southern-fried Chicken Skewer	1766	21%	422	21%	22.3	32%	3.7	18%	27.8	11%	0.0	0%	22.7	45%	2.12	35%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add Extra Chicken Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.65	28%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add sliced Pigs-in-blankets	915	11%	219	11%	20.4	29%	7.4	37%	1.7	1%	0.1	0%	7.1	14%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add 2 Pigs-in-blankets	915	11%	219	11%	20.4	29%	7.4	37%	1.7	1%	0.1	0%	7.1	14%	0.95	16%
Farmhouse Inns - SS20 Main Menu	Upgrades	Extra Yorkie & 2 Pigs-in-blankets	2051	24%	490	25%	39.6	57%	8.9	44%	21.5	8%	1.3	1%	11.7	23%	1.44	24%
Farmhouse Inns - SS20 Main Menu	Upgrades	Add Smoked Streaky Bacon	550	7%	132	7%	11.7	17%	4.4	22%	0.0	0%	0.0	0%	6.7	13%	1.30	22%