

NUTRITIONAL INFO

Our nutritional information is intended to be as accurate as possible, however due to the handmade nature of many of our dishes, exact results may vary slightly. All figures should be used as a guide only and recipes are subject to change, we therefore recommend checking for any updates each time you visit us.

DISH	PER SERVING							
STARTERS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Warm Sourdough and Sicilian Olives	680	50.4	7.5	52.7	10.0	2.3	7.3	2.1
Blistered Padro Peppers	208	20.4	1.5	3.7	3.4	2.1	1.1	3.0
House Soup	242	11.0	6.0	30.1	4.6	3.3	5.7	2.6
Freshly Baked Pretzel and Dipping Sauce	525	21.9	13.4	58.8	5.3	2.4	21.0	5.0
Buttermilk Chicken Wings with Buffalo Sauce	778	50	13	37	9	19	45	7
Buttermilk Chicken Wings with Sriracha and Honeysauce	762	44.9	9.6	53.8	25.0	18.1	44.9	4.4
Buttermilk Chicken Wings with Beer-B-Cue Sauce	761	44.8	9.6	43.6	6.0	18.3	44.9	4.5
Pork Belly Burnt Ends	980	76.1	23.3	24.8	7.8	1.4	48.9	4.0
B&K Loaded Dipping Nachos	598	35.3	13.1	53.8	5.7	7.2	12.3	1.8
Salt And Pepper Calamari	511	35.8	8.7	36.5	18.3	3.1	9.2	1.4
Halloumi Fries	590	53.3	12.8	13.9	6.4	0.9	17.4	2.1
Sweet Potato and Chickpea Falafels	252	13.1	0.9	30.6	9.0	7.4	6.3	1.1
Patatas Bravas	254	7.7	0.5	38.4	4.6	3.6	5.6	1.1
Smokey Chorizo	660	49.3	16.2	20.9	3.0	2.0	32.2	4.9
Garlic King Prawns	399	31.3	19.4	11.6	1.2	0.4	18.2	0.8
Currywurst	307	23.4	8.7	9.5	6.7	1.8	13.4	3.0
Quesadilla	279	13.3	3.5	31.8	2.0	3.3	6.1	0.5

LUNCH MAINS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
B&K Double Cheeseburger	1665	111.2	32.2	99.7	11.1	10.1	60.7	4.5
Grilled Buttermilk Chicken Burger	1185	63.6	7.7	101.4	13.4	10.4	47.6	2.6
Souther Fried Buttermilk Chicken Burger	1576	89.5	9.5	135.4	14.1	32.9	52.4	3.0
Go Spicy - add Buffalo Sauce and Jalapeño to Buttermilk Chicken Burger	73	5.3	3.2	5.9	4.0	0.8	1.1	4.1
Vegan Burger	1375	85.7	15.4	113.4	10.5	10.7	33.0	3.3
Brewer's Burger	1471	90.3	23.3	103.3	11.8	10.5	56.0	4.8
The Matterhorn Burger	1619	104.7	33.3	101.9	10.6	12.0	60.8	4.0
Black & Blue Burger	1658	108.5	36.4	96.7	9.9	9.9	68.8	6.1
Boost Your Burger - Smoked Streaky Bacon	52	4.2	1.5	0.0	0.0	0.0	3.7	0.7
Boost Your Burger - Flat Cap Mushroom	50	4.5	2.7	0.4	0.2	0.9	1.5	0.0
Boost Your Burger - Stilton	103	8.8	5.8	0.0	0.0	0.0	5.9	0.5
Boost Your Burger - Vegan Applewood Slice	61	4.9	4.2	3.9	0.0	0.1	0.3	0.4
Boost Your Burger - Fried Egg	136	10.7	2.3	0.0	0.0	0.0	10.0	0.3
Gluten Free Burger Bun Only	154	4.2	0.0	23.1	2.9	6.4	3.2	0.8
Additional Patty	209	15.6	7.0	0.1	0.1	0.4	17.0	0.6
1/4 Beer Can Chicken	413	22.6	5.9	6.3	3.7	2.1	47.9	3.4
1/2 Beer Can Chicken	821	45.2	11.7	11.8	7.0	4.0	95.6	6.2
Whole Beer Can Chicken	1638	90.4	23.4	23.0	13.7	7.7	191.0	11.7
Beer Can Chicken - add Beer-Be-Cue Sauce	105	0.2	0.0	24.4	2.1	0.5	1.3	1.7
Beer Can Chicken - add Spicy Buffalo Sauce	140	10.5	6.4	10.6	7.7	1.2	2.0	6.6
Beer Can Chicken - add Sriracha and Honey Sauce	108	0.4	0.1	44.7	40.2	0.1	1.2	1.5
Brewer's Battered Fish & Chips	1183	66.8	9.1	103.5	9.0	12.7	218.7	5.6
Brewer's Battered Halloumi & Chips	1381	100.5	28.9	77.6	10.4	9.6	45.0	8.0
Mac & Cheese	1232	73.4	44.4	85.8	5.4	4.3	54.2	5.2
Mac & Cheese - add Crispy Smoked Bacon	52	4.2	1.5	0.0	0.0	0.0	3.7	0.7
Mac & Cheese - add Jalapeños	4	0.0	0.0	0.8	0.2	0.2	0.0	0.6
Steak, Stout & Mushroom Pie	1140	24.7	57.7	57.3	71.2	7.9	9.0	22.3
Cajun Buttermilk Chicken Salad	286	8.6	1.5	14.8	9.4	5.5	36.1	7.2
Grilled King Prawn Salad	184	5.9	0.9	11.0	6.7	3.9	20.0	5.0
Grilled Halloumi Salad	408	29.9	14.9	13.1	8.9	3.9	25.8	7.0
Falafel Salad	306	15.6	1.5	33.8	12.5	9.4	8.6	5.3
Salad - add a Poached Egg	101	7.2	2.0	0.0	0.0	0.0	9.0	0.2
Slow Cooked Rack of Ribs	1508	92.3	22.9	100.1	15.4	8.0	75.4	4.5
Butternut Squash, Lentil & Filo Parcel	523	26.0	5.0	53.4	8.7	6.1	14.4	3.4
Gammon, Egg & Chips	1002	62.2	13.8	55.5	1.6	6.1	51.8	4.8
B&K Club Sandwich	878	53.2	9.8	50.3	6.6	3.1	50.6	4.9
Fish Finger Sandwich	569	27.9	2.6	61.2	4.1	3.2	111.3	2.2
Halloumi Sandwich	599	30.5	13.5	58.5	14.9	3.5	28.9	3.7
Cheese, Ham & Brewers Chutney Sandwich	605	31.5	10.8	48.2	4.0	2.5	35.9	4.3
Chicken, Avocado and Basil Sandwich	908	55.6	8.3	56.2	6.3	7.9	44.7	4.6
Add Soup	143	10.5	6.0	8.8	3.5	2.8	2.3	2.0
10oz Ribeye Steak	1146	63.8	20.9	56.9	2.8	8.0	81.4	2.8
7oz Tri Tip Rump Steak	924	53.5	16.5	56.9	2.8	8.0	49.2	2.6
Steak - add Peppercorn Sauce	103	8.3	5.3	5.8	2.2	0.4	1.0	0.7
Steak - add Bearnaise Sauce	278	28.0	10.0	4.8	0.6	0.0	1.0	0.8
Budda Bowl	485	27.3	2.8	46.0	14.3	11.8	12.9	3.0
Bratwurst	882	53.9	17.7	60.7	18.8	7.0	33.9	9.2
Beef Bourguignon	841	51.4	25.2	41.8	10.4	6.3	47.7	7.2
Lemon and Thyme Salmon	660	45.9	9.7	23.4	7.1	5.5	36.3	2.4

SIDES	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Skin on Fries	573	33.2	2.8	58.6	0.9	5.4	7.0	0.6
Chunky Chips	528	30.1	5.6	54.8	1.6	5.6	6.5	0.6
Sweet Potato Fries	432	30.3	2.4	33.8	16.3	5.7	3.3	1.0
Buttered Corn on the Cob	121	9.0	5.3	8.0	1.0	0.7	1.7	0.0
Mac & Cheese Side	449	29.4	18.3	21.0	1.3	1.1	24.3	2.1
Brewer's Cask Ale Battered Onion Rings	336	20.9	1.4	29.9	10.0	3.1	4.5	0.7
House Slaw	124	10.5	1.5	5.0	4.1	1.9	1.4	0.2
Side Salad	60	4.6	0.7	2.8	2.2	0.9	1.3	0.0
Lemon & Garlic Broccoli	76	4.7	0.7	5.3	1.4	2.1	2.3	0.1
Garlic Ciabatta Bread	261	18.2	11.0	20.2	1.8	1.3	3.5	0.3
Add to Steak: Peppercorn Sauce	103	8.3	5.3	5.8	2.2	0.4	1.0	0.7
Add to Steak: Bearnaise Sauce	278	28.0	10.0	4.8	0.6	0.0	1.0	0.8

DESSERTS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Sticky Toffee Pudding with Ice Cream	604	20.9	13.8	99.7	80.9	0.9	3.1	0.3
Sticky Toffee Pudding with Custard	610	18.8	11.5	105.1	84.7	0.9	5.0	0.3
Berry Eton Mess	522	48.1	30.0	19.0	18.6	0.9	2.8	0.2
Triple Chocolate & Salted Caramel Sundae	947	58.5	32.5	93.4	78.3	4.0	10.3	0.9
Our Signature Baked Cheesecake Rhubarb Compote	506	28.1	16.7	53.6	45.4	2.4	9.0	0.5
Belgian Chocolate Cookie Bake	814	39.5	22.4	106.7	75.1	3.3	7.7	1.2
Choc, Rasp and Pistachio Tart	444	27.0	15.5	43.6	28.9	3.7	5.3	0.2
Apple and Sultana Strudel	311	10.8	3.3	46.4	25.0	2.9	5.9	0.4

SUNDAY ROAST	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
British Free Range Beer Can Chicken	1234	56.2	13.5	71.9	16.3	13.3	109.4	8.9
Topside of Beef	784	30.0	9.4	61.2	9.7	9.8	62.2	4.4
British Roast Pork	906	44.2	13.3	61.2	9.7	10.8	60.7	5.4
Butternut Squash & Lentil Filo Parcel - <small>GO VEGAN REMOVE THE YORKSHIRE PUDDING</small>	610	15.2	4.4	93.7	13.2	11.5	19.1	4.3
Butternut Squash & Lentil Filo Parcel	715	20.6	5.6	102.9	14.1	11.9	23.8	4.8
3 Meat Roast	1050	46.5	12.5	66.5	13.0	11.8	85.5	7.0
Brewer's Cauliflower Cheese To Share	540	35.7	22.2	17.3	10.2	5.8	33.2	2.9
Children's British Free Range Beer Can Chicken	670	30.8	7.3	40.6	8.6	6.9	54.5	5.0
Children's Topside of Beef	386	14.6	4.0	35.7	5.4	5.1	25.5	2.6
Children's British Roast Pork	550	28.2	8.4	35.8	5.4	5.6	35.5	3.3
Children's Butternut Squash & Lentil Filo Parcel - <small>GO VEGAN REMOVE THE YORKSHIRE PUDDING</small>	457	12.4	4.1	68.5	8.9	7.0	14.5	3.2
Children's Butternut Squash & Lentil Filo Parcel	562	17.8	5.3	77.8	9.8	7.4	19.3	3.7
Children's 3 Meat Roast	896	43.8	12.2	41.4	8.8	7.3	81.0	5.9
Extra Gravy and Potatoes	203	2.5	0.2	39.0	2.1	2.7	4.4	1.7

CHILDREN'S	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Beef Burger	846	47.3	11.3	74.0	6.8	6.5	27.9	1.8
Fish Fingers	645	34.6	3.4	60.4	2.7	7.1	111.4	0.9
Chicken Wrap	482	19.4	8.7	40.2	3.4	4.1	35.2	1.6
Mini Steak	549	28.7	4.6	43.8	1.6	5.5	25.6	0.4
Halloumi Fingers	624	37.8	10.5	50.1	3.1	5.6	21.2	1.8
BBQ Wings	687	32.8	4.7	69.1	3.7	12.9	26.3	3.0
Mac & Cheese	789	48.9	30.3	48.7	3.1	2.5	36.8	3.3
Judes Cream Veggie Vanilla	160	7.8	4.3	18.0	17.0	1.2	3.8	0.1
Judes Chocolate Ice Cream	160	7.2	6.2	21.2	14.4	0.0	0.8	0.1
Mini Doughnuts	537	34.1	18.0	49.4	26.6	3.3	6.1	1.1