

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 (kJ)	Energy (kcal)	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Salt (g)	Protein (g)	Fibre (g)
FRESHLY BAKED PRETZEL & WARM CRAFT BEER CHEESE DIPPING SAUCE	2082	495	57.3	5.5	19.3	11.1	5.3	20.6	2.7
SALT AND PEPPER CALAMARI	1185	283	20.0	17.3	16.0	1.3	1.2	14.9	0.6
GARLIC KING PRAWNS	1498	361	10.2	0.5	27.2	17.0	1.3	18.3	0.6
B&K LOADED DIPPING NACHOS	2425	581	53.4	6.8	34.3	12.0	1.9	12.0	7.3
HALLOUMI FRIES	2330	545	13.9	6.4	48.3	12.5	2.1	17.4	0.9
PORK BELLY BURNT ENDS	2059	494	16.1	8.1	29.7	9.9	1.1	30.8	0.6
PATATAS BRAVAS	1801	432	38.7	7.2	26.2	2.5	1.5	6.4	8.3
PATATAS BRAVAS WITH CHORIZO	2338	562	39.1	7.3	38.2	6.9	2.1	11.5	8.3
QUESADILLA	1700	407	30.9	2.0	24.5	10.0	1.1	15.2	3.3
BUTTERMILK CHICKEN WINGS Spicy Buffalo	3702	888	30	4	59	19	11	60	17
BUTTERMILK CHICKEN WINGS Smoky Beer-B-Cue	3412	817	48.5	6.0	44.5	9.5	6.5	54.7	16.5
BUTTERMILK CHICKEN WINGS Spicy Korean	3423	819	50.8	23.5	43.1	8.6	8.0	53.6	16.1
CRISPY CAULIFLOWER WINGS Smoky Beer-B-Cue	1839	440	48.4	7.7	20.4	2.5	1.6	12.0	16.3
CRISPY CAULIFLOWER WINGS Spicy Buffalo	2149	515	39.8	10.1	30.7	9.4	4.4	16.9	16.5
CRISPY CAULIFLOWER WINGS Spicy Korean	1817	434	49.3	18.5	19.0	1.6	2.5	11.3	16.1
BURRATA CHEESE	1409	340	2.9	2.2	31.8	1.3	2.9	13.4	0.2
BABY BEETROOT FALAFELS	1167	280	32.3	4.7	14.5	1.6	1.3	8.2	8.1
KOREAN FRIED CRISPY MUSHROOMS	1311	314	37.8	13.4	14.3	1.1	4.1	5.0	3.5
GRILLED CORNISH SARDINES	2042	489	0.5	0.4	31.3	7.9	2.8	51.5	0.0

DISH	PER SERVING								
Mains	Energy (kJ)	Energy (kcal)	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Salt (g)	Protein (g)	Fibre (g)
½ BEER CAN CHICKEN B&K Classic Rub	6954	1582	81.8	21.8	94.7	20.9	9.2	117.1	10.9
¼ BEER CAN CHICKEN B&K Classic Rub	5113	1142	73.1	14.0	73.9	14.3	6.7	63.1	9.2
½ BEER CAN CHICKEN Beer-B-Cue	7465	1703	111.8	25.3	94.2	17.9	8.4	117.7	15.7
¼ BEER CAN CHICKEN Beer-B-Cue	5439	1218	103.1	17.5	68.4	10.9	5.9	63.6	14.1
½ BEER CAN CHICKEN Spicy Buffalo	7517	1717	95.1	23.9	103.3	23.6	12.9	118.4	16.4
¼ BEER CAN CHICKEN Spicy Buffalo	5490	1232	86.4	16.1	77.6	16.6	10.4	64.4	14.7
10oz RIBEYE STEAK	4010	960	46.7	1.9	48.8	16.6	3.1	79.7	8.0
8oz RUMP STEAK	3085	739	46.7	1.9	38.6	12.3	2.8	47.5	8.0
Steak - Add Peppercorn Sauce	426	103	5.8	2.2	8.3	5.3	0.7	1.0	0.4
BREWER'S IPA BATTERED FISH & CHIPS	4177	999	93.3	8.1	51.9	4.9	5.8	217.0	12.7
BREWER'S IPA BATTERED HALLOUMI & CHIPS	5127	1196	67.4	9.5	85.7	24.6	8.2	43.3	9.6
SMOKED PORK BELLY RIB	4644	1025	83.1	8.3	62.8	18.1	3.4	52.1	7.5
B&K STEAK, STOUT & MUSHROOM PIE	4517	1078	100.3	5.8	61.5	27.3	4.5	27.1	6.8
SALMON & SMOKED HADDOCK FISH CAKES	4054	976	35.3	5.3	70.7	20.8	3.8	44.2	5.9
WHOLE BAVARIAN HAM HOCK	4653	1119	35.5	3.0	71.8	27.5	10.8	78.5	5.8
BREWER'S MAC & CHEESE	4448	1068	74.2	5.8	61.3	37.1	4.6	52.2	3.8
Brewer's Mac & Cheese - Add Crispy Smoked Bacon	217	52	0.0	0.0	4.2	1.5	0.7	3.7	0.0
Brewer's Mac & Cheese - Add Jalapenos	16	4	0.8	0.2	0.0	0.0	0.6	0.0	0.2
BUTTERNUT SQUASH & LENTIL FILO PARCEL	2180	522	53.2	8.7	25.9	5.0	2.9	14.4	6.0
SUPERFOOD ASIAN SALAD WITH SWEET CHILLI CHICKEN	2053	486	49.5	33.9	11.6	1.9	1.9	43.1	9.3
SUPERFOOD ASIAN SALAD WITH SWEET CHILLI VEGAN CHICK'N	1777	422	46.2	31.4	9.8	1.3	2.1	30.3	14.6
BUDDA BOWL	1842	441	46.2	12.2	22.4	2.6	2.3	13.3	11.7
B&K DOUBLE CHEESEBURGER	5559	1248	88.3	6.2	81.8	28.3	5.1	57.5	8.7
BREWER'S BURGER	4783	1060	91.9	6.9	61.4	20.1	5.3	52.9	9.0
NEW YORK DELI BURGER	6467	1466	103.0	12.5	95.4	31.3	5.4	64.2	14.6
BUTTERMILK CHICKEN BURGER	5250	1170	124.6	9.1	60.8	6.4	4.1	49.4	31.5
Go spicy (Buffalo sauce & jalapeños)	261	63	2.2	0.3	5.8	3.6	3.9	1.1	0.8
MIDDLE EASTERN LAMB BURGER	5281	1179	109.9	15.1	67.4	17.4	4.7	52.2	14.8
B&K PLANT BURGER	4631	1023	126.0	14.4	52.1	8.9	4.6	26.2	17.9
KOREAN STICKY PLANT BURGER	5235	1166	148.0	29.9	56.0	6.8	6.0	29.7	20.1
Boost your burger... SMOKED STREAKY BACON	217	52	0.0	0.0	4.2	1.5	0.7	3.7	0.0
Boost your burger... FLAT CAP MUSHROOM	207	50	0.4	0.2	4.5	2.7	0.0	1.5	0.9
Boost your burger... LONG CLAWSON STILTON	425	103	0.0	0.0	8.8	5.8	0.5	5.9	0.0
Boost your burger... MONTEREY JACK CHEESE	1541	372	0.0	0.0	31.0	19.0	1.8	23.0	0.0
Boost your burger... FRIED EGG	565	136	0.0	0.0	10.7	2.3	0.3	10.0	0.0
Boost your burger... ADDITIONAL 3oz PATTY	871	209	0.1	0.1	15.6	7.0	0.6	17.0	0.4
NEW YORK DELI SANDWICH	2934	703	47.1	4.9	41.3	18.8	3.3	37.1	2.6
HALLOUMI & CHILLI JAM SANDWICH	2602	599	58.5	14.9	30.5	13.5	3.7	28.9	3.5
FISH FINGER SANDWICH	2385	569	61.2	4.1	27.9	2.6	2.2	111.3	3.2
CHICKEN, AVOCADO & BASIL SANDWICH	3925	940	58.1	9.4	56.6	8.7	4.2	48.6	7.6
B&K CLUB SANDWICH	3801	910	52.3	9.7	54.2	10.2	4.5	54.5	2.8

DISH	PER SERVING								
Sides	Energy (kJ)	Energy (kcal)	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Salt (g)	Protein (g)	Fibre (g)
SKIN ON FRIES	1568	290	52.7	0.1	15.1	1.2	1.7	5.4	5.9
CHUNKY CHIPS	1438	343	44.5	0.7	15.2	1.3	0.6	4.8	5.6
SWEET POTATO FRIES	1216	290	35.7	12.7	15.0	1.5	0.7	1.1	5.7
BREWER'S CASK ALE BATTERED ONION RINGS	1216	291	29.9	10.0	15.9	1.1	0.7	4.5	3.1
GARLIC CIABATTA BREAD	1085	261	20.2	1.8	18.2	11.0	0.3	3.5	1.3
MAC & CHEESE SIDE	1866	449	21.0	1.3	29.4	18.3	2.1	24.3	1.1
CORN RIBS	503	121	8.0	1.0	9.0	5.3	0.0	1.7	0.7
SIDE SALAD	239	58	2.7	2.2	4.4	0.6	0.1	1.3	0.9
BBQ PIT BEANS	785	189	15.7	7.2	11.9	1.7	0.2	2.0	5.7

DISH	PER SERVING								
Desserts	Energy (kJ)	Energy (kcal)	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Salt (g)	Protein (g)	Fibre (g)
B&K SIGNATURE BAKED CHEESECAKE	1976	474	44.6	36.4	28.0	16.7	0.5	9.2	2.5
MORELLO CHERRY & BELGIAN CHOCOLATE COOKIE BAKE	3408	814	106.7	75.1	39.5	22.4	1.2	7.7	3.3
CHOCOLATE & RASPBERRY TART	2409	577	63.5	48.2	31.6	19.9	0.3	5.9	4.0
KEY LIME MERINGUE PIE	1556	370	59.1	43.7	12.8	7.0	0.3	4.8	0.9
CHURROS	1409	335	47.8	18.2	12.9	2.4	1.1	6.2	0.0
TRIPLE CHOCOLATE & SALTED CARAMEL SUNDAE	3949	947	93.4	78.3	58.5	32.5	0.9	10.3	4.0
STICKY TOFFEE PUDDING with ice cream	2542	604	99.7	80.9	20.9	13.8	0.3	3.1	0.9
STICKY TOFFEE PUDDING with custard	2568	610	105.1	84.7	18.8	11.5	0.3	5.0	0.9

DISH	PER SERVING								
Sunday Roasts	Energy (kJ)	Energy (kcal)	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Salt (g)	Protein (g)	Fibre (g)
½ BRITISH FREE RANGE BEER CAN CHICKEN	5408	1292	77.1	24.1	55.9	14.4	7.4	114.2	12.6
TOPSIDE OF BRITISH BEEF	3174	757	61.4	9.8	26.8	9.2	3.9	62.4	9.7
BRITISH PORK LOIN	3673	878	61.4	9.8	40.9	13.1	4.8	61.0	10.6
BUTTERNUT SQUASH & LENTIL FILO PARCEL	2907	691	103.2	14.2	17.8	5.4	4.2	23.9	11.8
BUTTERNUT SQUASH & LENTIL FILO PARCEL Go vegan - just ask to drop the Yorkie	2506	596	93.7	13.2	13.6	4.3	3.7	19.0	11.4
3 MEAT ROAST & ALL THE TRIMMINGS	3575	853	65.5	13.6	33.5	9.9	4.9	67.1	10.7
BREWER'S CAULIFLOWER CHEESE	2070	495	15.1	10.4	31.7	18.6	3.3	32.7	6.2
CHILDREN'S BRITISH FREE RANGE BEER CAN CHICKEN	2904	694	43.3	12.6	30.0	7.8	4.0	59.5	6.5
CHILDREN'S TOPSIDE OF BEEF	1544	368	35.9	5.5	12.4	3.9	2.1	25.6	5.0
CHILDREN'S BRITISH ROAST PORK	2022	483	38.3	5.7	21.5	6.4	2.9	31.5	5.6
CHILDREN'S BUTTERNUT SQUASH & LENTIL FILO PARCEL	2289	544	78.0	9.9	15.8	5.2	3.2	19.3	7.2
CHILDREN'S BUTTERNUT SQUASH & LENTIL FILO PARCEL Go vegan - just ask to drop the Yorkie	1888	449	68.5	8.9	11.6	4.1	2.7	14.4	6.9

DISH	PER SERVING								
Children's	Energy (kJ)	Energy (kcal)	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Salt (g)	Protein (g)	Fibre (g)
BEEF BURGER	3389	724	89.3	5.1	36.2	10.1	3.1	28.8	6.4
FISH FINGERS	2657	550	73.8	2.1	27.3	2.7	2.4	112.1	7.4
CHICKEN WRAP	2001	477	39.8	3.9	19.8	8.8	1.5	35.2	4.0
HALLOUMI FINGERS	2622	528	63.5	2.6	30.6	9.9	3.2	21.9	6.0
MAC & CHEESE	2946	708	43.0	3.4	42.9	26.6	3.2	35.8	2.4
JUDES ICE CREAM VEGAN VANILLA	672	160	18.0	17.0	7.8	4.3	0.1	3.8	1.2
JUDES CHOCOLATE ICE CREAM	668	160	21.2	14.4	7.2	6.2	0.1	0.8	0.0