

Bill's 2020 Site Nutritional Values - Jun 2019

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	Energy kcal (per serving)	Fat (per serving)	of which saturates (per serving)	Carbohydrate (per serving)	of which sugars (per serving)	Fibre (per serving)
Breakfast						
Bill's Breakfast	887	60.8	14.8	43.6	5.5	3.3
Bill's Brunch	1917	91.6	28.4	72	11.6	8.4
Cumberland Sausage Bun	563	33.7	7.3	46.2	4.2	1.4
Eggs Benedict without hollandaise (see below for hollandaise)	244	3.8	1.3	34.9	0.9	2.4
Eggs Avocado Florentine without hollandaise (see below for hollandaise)	456	29.4	6.3	37.2	1.5	2.4
Eggs Royale without hollandaise (see below for hollandaise)	310	9.9	1.7	34.9	1	2.3
Garden Breakfast without hollandaise (see below for hollandaise)	707	49.1	17	40.6	7.1	2.6
Garden Plates without hollandaise (see below for hollandaise)	951	59.5	18.4	67.2	13.6	9.4
Oat Porridge	600	10.5	2.2	94.5	43.9	12.1
Pancakes - Smoked Streaky Bacon and Bill's Pancake Syrup	803	38.3	14.4	87.6	38.8	2.4
Pancakes - Smoked Streaky Bacon and Bill's Pancake Syrup 5 stack	1271	58.5	20.5	141.1	59.8	4.1
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup	542	11	2.2	99.3	49.4	4.3
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup 5 stack	845	18.2	3.7	152	69.7	5.5
Scrambled Eggs on Toast	731	38	17.7	66.7	3.8	1.8
Smoked Streaky Bacon Bun	667	45.2	18.9	33.8	4.7	1.4
Smashed Avocado and Poached Eggs on Toast	426	28	6	35.6	2.6	0.9
Toast & Butter	458	17.8	10.6	66.7	3.7	1.7
Vegan Breakfast	626	44.2	5.7	43.3	5.8	6.2
Yoghurt and Granola	467	21.4	10.8	52.9	36.9	7.6
Hollandaise portion only	224	23.5	14.8	2.3	0.6	0.5
Bacon portion only	242	19.4	7	0.3	0.3	0
Smoked Salmon portion only	143	10.9	2.5	0.1	0	0
Starters						
Chicken & Sesame Dumplings	336	17.3	3.7	33.7	12.2	2.8
Crispy Calamari without lime mayonnaise	369	21	2.8	23.7	1	0.8
Crispy Calamari lime mayonnaise only	255	27.7	1.9	1	0.6	0
Crispy Feta and Watermelon Salad	425	30.6	10.6	22.7	9.3	1.4
Devilled Chicken Skewers	452	19.7	4	18.2	15.7	1.1
Fried Halloumi Sticks	578	43.8	19.1	15.4	14.5	0
Pea & Watercress Soup without Focaccia	161	6.7	1	17.2	9.4	7.6
Pea & Watercress Soup Focaccia only	130	4.9	0.4	19.6	0.4	0.8
Prawn Cocktail	356	31.4	4.4	14.8	4.9	2.2
Rosemary, Pae Hummus and Garlic Sourdough	632	44.5	4.3	45.7	5.8	7
Soup, Salad & Half Sandwich	676	35.7	21.2	62.8	20.9	7.3
Toasted Focaccia with Hummus & Olives	392	27.9	2.6	25.6	0.8	5.1
For the Table (based on 2 sharing)						
Bill's Spiced Tortilla	258	19.4	2.9	18.5	2	1.7
Bread and Hummus	392	27.9	2.6	25.6	0.8	5.1
Giant Green Gordal Olives	161	16.9	2.1	0.1	0.1	0.2
Mini Cumberland Sausages	294	19.5	4.7	25.1	18.9	0.8
Roasted Garlic & Herb Bread	290	11.5	1.6	38.5	4.1	0.8
Spiced Nuts and Roasted Corn	303	19.3	3	20.2	3.9	4.6
Stone Baked Bread	264	8.6	1.6	38.3	4.1	0.7
Mezze (based on 4 sharing)						
Halloumi and Hummus Plate	377	27.6	7.1	19	1.6	2.5
Sharing Plate	429	26.3	3.4	33.2	5.6	2.6
Veggie Sharing Plate	343	25.4	6.8	18.8	5.9	2.2
Lunch Plates						
Eggs Benedict without Hollandaise or Chips (see sides for chips)	244	3.8	1.3	34.9	0.9	2.4
Eggs Royale without hollandaise or Chips (see below for chips)	310	9.9	1.7	34.9	1	2.3
Hollandaise only	224	23.5	14.8	2.3	0.6	0.5
Smashed Avocado, Feta and Poached Eggs	750	22.21	13.8	43.3	3	2.2
Soup, Salad and 1/2 Sandwich	721	43.9	18.3	56.1	16	1.8
Mains						
Bill's Fish Pie	794	52.3	26.7	30.9	5.9	6.4
Carrot and Cashew Nut Wellington	715	48	1.5	53.6	5	9.7
Chicken Green Curry without rice	507	35	3.3	17.9	15	5.4
Chicken Green Curry rice only	227	1.3	0.9	49.7	0.7	1.3
Crab and Courgette Risotto	620	15.4	1.7	92.1	7.8	2.6
Glow Bowl	1133	54.8	5.4	115.1	15.9	23.8
Grilled Rosemary and Garlic Sourdough and Eggs	960	71.4	9.3	48.7	4.7	7.2
Kale, Chickpeas and Miso Hummus Salad	755	60	4.9	36	14.3	10.2
Macaroni Cheese without Focaccia and Side Salad	1160	60.6	33.8	99.1	9.5	0.3
Macaroni Cheese Focaccia only	130	4.9	0.4	19.6	0.4	0.8
Macaroni Cheese side salad only without dressing	12	0.7	0.1	0.2	0.1	0.2
Macaroni Cheese side salad dressing only	97	10	0.9	0.8	0.8	0
Mojo Chicken Slawers without dressing	1057	50.8	6.7	84.8	4	6
Mojo Chicken Slawers dressing only	97	10	0.9	0.8	0.8	0
Pan Fried Chicken with Wild Mushroom	705	38.4	14.1	31.5	5.2	8.2
Pan Fried Seabass	523	28	4.4	19.6	3.1	4.1
Steak, Egg & Chips	968	60.8	15.1	47	8.8	5.7
Warm Chicken Salad with Turmeric & Freetah	1292	74	8.6	89.7	8.3	14.5
<small>These dishes can be served with fries or a mixed side salad - see below for dish values and 'Sides' for fries or side salad options</small>						
10oz Ribeye	650	46.6	15.9	0.3	0.1	0.2
Bill's Beer Battered Cod	1123	67.5	4.6	47.2	6.8	3.7
Bill's Prawn & Fish Finger Sandwich without Chips	884	44.5	6.7	87.4	6.4	3.1
Bill's Hamburger	696	40.1	10.9	36.7	9.7	0.3
Buttermilk Chicken Burger without Chipotle Mayonnaise	592	31	4.9	41.8	9.2	2.8
Buttermilk Chicken Chipotle Mayonnaise side only	230	24.5	1.8	1.9	1.6	0.1
Halloumi Burger without lime mayonnaise	684	41.4	15.2	51.4	16.7	5.2
Halloumi Burger lime mayonnaise only	255	27.7	1.9	1	0.6	0
Paprika, Garlic and Chili Roasted Half Chicken	1302	87.4	14.5	20.6	5.5	1.9
Sauces for Steaks						
Bearnaise sauce (sauce only)	158	16.5	10.5	1.6	0.4	0.3
Garlic butter (sauce only)	193	21.2	13.6	0.9	0.3	0.2
Mushroom Sauce (sauce only)	69	6.4	4.4	1.6	0.8	0.4
Peppercorn sauce (sauce only)	46	3	1.8	1.9	0.9	0.3

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Sides						
Asparagus, Baby Spinach and Garlic Butter	154	15.6	9.7	1.4	1.1	0.5
Chips	349	17.3	1.4	46.5	0.6	5.7
Long Stem Broccoli with Lemon Oil and Seeds	179	15.9	1.3	3.8	2.1	4.5
Mashed Potatoes	194	4.2	3	34	2.8	4
Sweet Potato Fries	510	26.4	2.1	68.8	29	7.8
Rainbow Vegetable Side Salad	137	11.9	0.9	6.5	4.4	2.2
Truffle Mayonnaise	347	37.8	2.7	0.7	0.7	0.1
Puddings & Treats						
Apple and Salted Caramel Crumble	613	15.9	7.6	92.5	56.3	4.1
Bill's Cream Tea without dotted cream	552	22.5	13.1	81.1	30	3
Bill's Cream Tea dotted cream only	176	19.1	11.9	0.7	0.7	0
Carrot Cake	198	11.3	4.7	22.1	8.7	0.8
Carrot Cake whipped cream only	114	12.1	7.6	0.8	0.8	0
Chocolate & Hazelnut Praline Bombe	937	57.4	32.8	83.8	69.4	6.6
Lemon Meringue Pie in a Glass	847	49.1	29	77.9	76.7	1.4
Mango and Passionfruit Eton Mess	477	32.4	20.3	41.4	40.1	0.7
Melting Banoffee Sundae	658	25.8	21.2	60.3	29.2	2.2
Toasted Teacake served plain	267	3.6	1.2	49	15.5	2.5
Toasted Teacake butter only	260	28.8	18.2	0.2	0.2	0
Warm Strawberry Dusted Doughnuts	711	42.3	10.2	74.1	25.4	0.2
Puddings below include a scoop of ice cream - see below for options without, and to add, ice cream						
Warm Triple Chocolate Brownie	676	41	21.1	63.3	52.2	7.8
Ice Cream per scoop (based on Vanilla)	107	6.5	3.9	9.7	9.7	0
Kid's						
Kid's Breakfast						
Kid's Beans on Toast	219	8.7	5.3	29.1	3.9	2.3
Kid's Breakfast	558	33.4	9.7	36	4.3	2.9
Kid's Buttermilk Pancakes	375	7.3	1.5	69.9	36.4	2.6
Kid's Eggs on Toast	337	19.4	8.3	22.9	1.3	0.6
Kid's Toast and Butter	180	8.6	5.3	22.9	1.3	0.6
Kid's Lunch and Dinner						
Kid's Macaroni	429	24.9	14.6	36	3	0.1
Kid's Cumberland Sausage and Mash	427	26.3	7.4	36.6	7.2	4.7
Main Dishes below can include fries - see below for options without, and to add, fries						
Kid's Cod Fish Fingers	271	9.2	1.1	22.3	5	4.2
Kid's Little Bill's Hamburger	372	17	7.1	33.7	5	2.7
Kid's Fries option	175	8.6	0.7	23.3	0.3	2.9
Kid's Puddings						
Chocolate & Hazelnut Mousse	202	15.4	8.1	22.2	16.6	2.1
Ice Cream per scoop (based on Vanilla)	107	6.5	3.9	9.7	9.7	0