

Bill's Nutritional Values - Mar 2019

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. It is possible to remove components of many of our dishes, within the table below some of our most popular tweaks are listed. 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.

	Energy kcal (per serving)	Fat (per serving)	of which saturated (per serving)	Carbohydrate (per serving)	of which sugars (per serving)	Fibre (per serving)	Protein (per serving)	Salt (per serving)
Breakfast								
Avocado on Toast without egg	457	30.4	6.2	37	2.9	1.9	9.5	1.2
Avocado on Toast 2 poached eggs only	179	12.7	3.6	trace	trace	0	1.6	0.4
Avocado on Toast salmon portion only	143	10.9	2.5	0.1	0	0	11.2	0.1
Avocado on Toast bacon portion only	190	16.3	5.7	0	0	0	10.9	2.2
Bacon Bun	667	45.2	18.9	33.8	4.7	1.4	34.1	5.5
Bill's Breakfast	993	73.7	25.3	42.1	5.6	2.6	47	6.0
Bill's Brunch	1317	91.6	28.4	72	11.6	8.4	55.1	7.8
Cumberland Sausage Bun	610	43	14.8	45.2	6.2	2.1	22.8	3.3
Eggs Royale without hollandaise	382	18	7	35	1.1	2.3	20.2	2.8
Eggs Benedict without hollandaise	317	12	6.5	35	1	2.5	17.7	1.9
Garden Breakfast without hollandaise	746	53.4	17.9	40.8	7	2.6	27.6	3.2
Garden Plate without hollandaise	1033	69.4	19	66.5	12.7	8.8	34.4	4.9
Hollandaise only	224	23.5	14.8	2.3	0.6	0.5	0.6	0.5
Oat Porridge	600	10.5	2.2	94.5	43.9	12.1	28.5	0.5
Pancakes - Smoked Streaky Bacon and Bill's Pancake Syrup	844	44.9	17.1	83.7	37.7	2.4	28.7	5.3
Pancakes - Smoked Streaky Bacon and Bill's Pancake Syrup 5 stack	922	50.1	20.4	93.9	47.7	2.5	26.8	5.5
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup	548	11.3	2.4	100.3	52.5	4.9	12.3	1.8
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup 5 stack	820	18.6	4	145	66.8	6.5	19.5	3.0
Scrambled Eggs on Toast	502	29.2	12.4	33.4	1.9	0.9	28.2	1.9
Scrambled Eggs on Toast bacon only	190	16.3	5.7	0	0	0	10.9	2.2
Scrambled Eggs on Toast smoked salmon only	143	10.9	2.5	0.1	0	0	11.2	0.1
Toast & Butter	458	17.8	10.6	66.7	3.7	1.7	10.8	2.2
Vegetarian Breakfast	577	36.7	5.4	50	13.1	4.5	12.2	2.9
Yoghurt, Granola & Berries	307	12.3	6	38.6	29.5	5.3	8.5	0.5
Starters								
Chicken & Sesame Dumplings	336	17.3	3.7	33.7	12.2	2.8	9.9	0.8
Crispy Calamari without lime mayonnaise	286	15.4	4.4	28.8	3.7	1.3	7.6	2.6
Crispy Calamari lime mayonnaise only	255	27.7	1.9	1	0.6	0	0.9	0.3
Crispy Fried Cauliflower	213	17.4	1.4	10.4	8.1	2.8	3.9	0.2
Crumbed Halloumi Sides without lime mayonnaise	492	34.3	14.4	20.1	3.8	1.3	26.9	3.6
Crumbed Halloumi lime mayonnaise only	255	27.7	1.9	1	0.6	0	0.9	0.3
Devilled Chicken Shawers	424	17.1	3.3	22.3	19.2	1.1	44.5	3.5
Pea & Watercress Soup without Focaccia	161	6.7	1	17.2	9.4	7.6	8.7	2.1
Pea & Watercress Soup Focaccia only	130	4.9	0.4	19.6	0.4	0.8	2.8	2.7
Prawn Cocktail	356	31.4	4.4	14.8	4.9	2.2	4	1.6
Vegan 'Duck' Salad	460	24.1	1.9	22.8	15.3	6.4	35	3.7
For the Table (based on 2 sharing)								
Giant Green Gordal Olives	80	8.2	1.1	0	0	0.1	0.6	2.1
Mini Cumberland Sausages	294	19.5	4.7	25.1	18.9	0.8	11	1.7
Roasted Garlic & Herb Ciabatta	289	11.5	1.6	38.5	4.1	0.8	4	1.8
Spiced Tortillas	299	19.8	3	26.7	2.5	2.5	4.4	1.1
Stone Baked Bread	264	8.6	1.6	38.3	4.1	0.7	3.8	1.2
Toasted Focaccia with Hummus & Olives	285	19.7	1.8	20.5	0.6	3.6	6	2.9
Mix (based on 4 sharing)								
Sharing Plate	360	22.2	2.6	25.9	4	2	16.7	3.3
Veggie Sharing Plate	320	22	4.7	21.7	2.7	2.4	9.5	3.2
Mains								
Beetroot, Lentil & Blackberry Salad	671	47.7	4	43.2	22.5	14.1	15.5	1.0
Bill's Fish Pie	922	62.9	33	31.2	4.9	6.1	55.8	3.2
Carrot and Cashewnut Wellington	715	48	1.5	53.6	5	9.7	13.4	3.8
Chicken Green Curry without rice	507	35	3.3	17.9	15	5.4	30.1	1.5
Chicken Green Curry rice only	227	1.3	0.9	49.7	0.7	1.3	5	0.5
Glow Bowl	1133	54.8	5.4	115.1	15.9	23.8	35.4	5.2
King Prawn Risotto	560	12.8	3.4	89.3	5.7	3.5	30.7	4.4
Macaroni Cheese without Focaccia and Side Salad	840	37.2	18.6	100.3	15.5	3.7	30.6	4.3
Macaroni Cheese Focaccia only	130	4.9	0.4	19.6	0.4	0.8	2.8	2.7
Macaroni Cheese side salad only without dressing	84	8	1.6	1	0.8	0.4	1.3	0.1
Macaroni Cheese side salad dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2
Minute Steak, Egg & Chips	1072	75.2	23.2	46.8	0.9	5.9	55.8	4.3
Mojo Chicken Shawers without dressing	1023	41.6	6.2	94.9	4	6.8	64.5	2.9
Mojo Chicken Shawers dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2
Naked Hamburger without saled dressing	566	44.2	12.8	7.9	6.9	4.2	32.8	2.4
Naked Hamburger saled dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2
Pan Fried Chicken with Wild Mushroom	705	38.4	14.1	31.5	5.2	8.2	55	2.2
Pan Fried Seabass	523	28	4.4	19.6	3.1	4.1	48.1	2.5
Soup, Salad & Half Sandwich	676	35.7	21.2	62.8	20.9	7.3	22	4.4
Warm Chicken Salad with Turmeric & Freshherb	1292	74	8.6	89.7	8.3	14.5	65	3.8
<i>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</i>								
10oz Ribeye	850	46.6	15.9	0.3	0.1	0.2	57.9	1.6
Box Sirloin	545	39.8	12.9	0.3	0.1	0.2	46.4	1.5
Bill's Hamburger	696	40.1	10.9	36.7	9.7	0.3	45.1	3.8
Buttermilk Chicken Burger without Chipotle Mayonnaise	592	31	4.9	41.8	9.2	2.8	38.2	1.8
Buttermilk Chicken Chipotle Mayonnaise side only	230	24.5	1.8	1.9	1.6	0.1	0.4	0.5
Fish Finger Sandwich	725	33.6	3.5	67.9	9.4	4.8	38.2	2.3
Halloumi Burger without lime mayonnaise	684	41.4	15.2	51.4	16.7	5.2	27.7	4.2
Halloumi Burger lime mayonnaise only	255	27.7	1.9	1	0.6	0	0.9	0.3
Out Smoked Spiced Ribs	993	63.1	14.7	68.5	58.3	3.5	37.5	5.2
Sauces for Steaks								
Bearnaise sauce (sauce only)	158	16.5	10.5	1.6	0.4	0.3	0.4	0.3
Garlic butter (sauce only)	113	21.2	13.6	0.9	0.3	0.2	0.5	0.5
Mushroom Sauce (sauce only)	69	6.4	4.4	1.6	0.8	0.4	0.8	0.2
Peppercorn sauce (sauce only)	46	3	1.8	1.9	0.9	0.3	0.7	0.4

Sides									
Green Leaf & Mixed Seed Salad without dressing	23	1.4	0.2	0.3	0.1	0.3	0.9	trace	
Green Leaf & Seed Salad dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2	
Fries	349	17.3	1.4	46.5	0.6	5.7	4.9	2.1	
Long Stem Broccoli with Sugar Snap Peas and Mixed Seeds	140	10.7	5.2	5.6	3.3	3.5	6.4	0.2	
Macaroni Cheese based on 2 sharing	179	6.2	3.7	23.7	3.3	0.7	7.2	1.0	
Sweet Potato Fries	510	26.4	2.1	68.8	29	7.8	3.3	1.6	
Truffle Mayonnaise	347	37.8	2.7	0.7	0.7	0.1	0.9	0.5	
Puddings & Teatime									
Bill's Cream Tea	724	33.1	19.8	96.5	54.7	4.6	9.4	1.3	
Brownie	589	35.5	17.6	54.9	44.2	6.8	8.8	0.6	
Carrot Cake	198	11.3	4.7	22.1	8.7	0.8	2.9	0.5	
Chocolate & Hazelnut Praline Bombe	937	57.4	32.8	83.8	69.4	6.6	11.8	0.6	
Lemon Meringue Pie in a Glass	847	49.1	29	77.9	76.7	1.4	9.3	0.8	
Melting Banoffee Sundae	658	25.8	21.1	60.3	29.2	2.2	6.7	1.1	
Toasted Tacos served plain	267	3.6	1.2	49	15.5	2.5	0	0.9	
Toasted Tacos butter only	240	28.8	18.2	0.2	0.2	0	0.2	0.7	
Warm Mini Cinnamon Doughnuts without sauces	483	26.3	0	55.2	6.8	1.8	8.2	trace	
Warm Mini Cinnamon Doughnuts Salted Caramel and Chocolate Sauces only	166	6.7	4.8	24.8	10.8	1	1.1	0.4	
Warm Scones served with jam	562	17	9.8	92.6	50.8	3.1	8.8	1.3	
Warm Scones dotted cream only	147	15.9	9.9	0.5	0.5	0	0.4	trace	
Puddings below include a scoop of ice cream - see below for options without, and to add, ice cream									
Apple & Salted Caramel Crumble	586	19.5	9.8	95.3	60.7	4.4	5.3	0.4	
Pecan Pie	441	25.6	10	48.2	41.2	0.7	4.7	0.3	
Warm Chocolate Brownie	676	41	21.1	63.3	52.2	7.8	9.6	0.6	
Ice Cream per scoop (based on Vanilla)	107	6.5	3.9	9.7	9.7	0	2.2	trace	
Kid's									
Kid's Breakfast									
Kid's Beans on Toast	223	8.8	5.3	30	4.2	2.6	6.2	1.2	
Kid's Breakfast	652	43.8	14	36	6	3.6	30.3	3.9	
Kid's Buttermilk Pancakes	326	7.4	1.6	57.7	26.2	2.6	7.8	1.2	
Kid's Eggs on Toast	337	19.4	8.3	22.9	1.3	0.6	18.9	1.3	
Kid's Lunch and Dinner									
Kid's Vegetable Sticks with Hummus	111	8.7	0.8	4.9	2.5	2.8	2.5	0.3	
Kid's Macaroni	323	9.5	5.6	47.3	6.6	1.5	11.9	1.9	
Kid's Cumberland Sausage and Mash	427	26.3	7.4	36.6	7.2	4.7	17.7	2.8	
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	25.3	0.4	
Kid's Little Bill's Hamburger	372	17	7.1	33.7	5	2.7	22.7	1.2	
Kid's Fries option	175	8.6	0.7	23.3	0.3	2.9	2.5	1.1	
Kid's Puddings									
Chocolate & Hazelnut Mousse	202	15.4	8.1	22.2	16.6	2.1	2.3	trace	
Strawberries and Banana without chocolate dipping sauce	93	0.3	0.1	21.7	19.6	2.9	1.4	0	
Strawberries and Banana, chocolate dipping sauce only	105	6.5	4.1	10	9.7	1.1	0.9	0	
Ice Cream per scoop (based on Vanilla)	107	6.5	3.9	9.7	9.7	0	2.2	trace	
Warm Chocolate Brownie without ice cream	269	16.2	8.6	25.7	21.8	3	3.6	0.2	