

Bill's Nutritional Values - Nov 2018

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	177	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	992	73.1	25.1	42.9	4.9	2.7	47	6.0
Bill's Brunch	1316	91	28.1	72.8	10.9	8.5	55.1	7.7
Cumberland Sausage Bun	418	37.1	12.3	14.1	0.7	1.1	16.9	2.3
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								
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	268	25.1	2	6.8	4.9	2.5	3.5	0.3
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
Oak Smoked Chicken Liver Pate without toast	528	46.5	26.2	15.2	14.9	0.6	12.1	1.5
Oak Smoked Chicken Liver Pate toast only	157	0.7	0.1	33.3	1.8	0.9	5.4	0.9
Pork Sesame Dumplings	392	23.8	6.2	43.6	14.1	1.8	12.8	2.7
Prawn Cocktail	356	31.4	4.4	14.8	4.9	2.2	4	1.6
Roasted Butternut Squash, Lentil and Coconut Soup without Focaccia	271	15.8	9.9	23	12.2	3.2	6.5	2.6
Roasted Butternut Squash, Lentil and Coconut Soup Focaccia only	130	4.9	0.4	19.6	0.4	0.8	2.8	2.7
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	289	19.1	4.4	24.1	15.9	1.1	11.2	1.8
Roasted Garlic & Herb Ciabatta	289	11.5	1.6	38.5	4.1	0.8	4	1.1
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
Mezze (based on 4 sharing)								
Sharing Plate	360	22.2	2.6	25.9	4	2	14.7	3.3
Veggie Sharing Plate	373	26.1	6	23.5	3.1	2.4	11.8	3.5
Mains								
Bill's Fish Pie	922	62.9	33	31.2	4.9	6.1	55.8	3.2
Butternut Squash, Turmeric & Coconut Curry	547	32.4	2.5	54.1	11.9	6.5	11.1	2.6
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
Duck Pie	789	43	9.9	57.4	13.6	7.8	39.7	4.5
Glow Bowl	999	63.5	5.7	82.4	9.7	11.4	21	2.9
Halloumi, Kale & Butternut Squash Salad without dressing	518	38.8	16.1	14	7.7	4.1	27.4	3.7
Halloumi, Kale & Butternut Squash Salad dressing only	154	16.3	1.5	1.7	1.7	0.1	0.1	0.2
Macaroni Cheese without Focaccia and Side Salad	860	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 salad dressing	566	44.2	12.8	7.9	6.9	4.2	32.8	2.4
Naked Hamburger salad 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 Sea bass	523	28	4.4	19.6	3.1	4.1	48.1	2.5
Warm Chicken, Avocado & Parmesan Salad without dressing	623	53.2	9.2	3.8	1.8	1.8	33.2	1.1
Warm Chicken, Avocado & Parmesan Salad dressing only	194	20.8	2	0.8	0.8	0	1.6	0.7
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								
Yooz Ribeye	650	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
Oak Smoked Spiced Ribs	993	63.1	14.7	68.5	98.3	3.5	37.5	5.2
Sauces for Sides								
Bearnaise sauce (sauce only)	158	16.5	10.5	1.6	0.4	0.3	0.4	0.3
Garlic butter (sauce only)	193	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
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 Teacake served plain	267	3.6	1.2	49	15.5	2.5	0	0.9
Toasted Teacake butter only	260	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
Sticky Toffee & Date Pudding without cream and hazelnut crumb	98.3	5.3	22.2	119.8	76.6	0	7.1	0.8
Sticky Toffee & Date Pudding cream and hazelnut crumb only	127	13.4	7.7	0.9	0.8	0.1	0.9	trace
Warm Chocolate Brownie	676	4.1	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	651	43.5	13.9	36.4	5.7	3.7	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 Slids 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	426	25.4	7	37.9	6.1	4.9	17.7	2.7
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	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								
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