



NUTRITION SURVIVAL GUIDE TO

SIZZLING PUBS & GRILL

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Corn Nachos for One	834	17	96	-	18	40	6
Grilled Lamb Kofta Kebabs	617	29	54	-	6	31	1.8
Mushrooms, Stilton & Bacon on Garlic Bread	494	21	20	-	2	36	2
Beer-Battered Mushrooms & sauce	421	7	41	-	1	25	1.4
BBQ Chicken Wings	412	32	4	-	3	30	1
Southern-Fried Chicken	351	20	18	-	3	22	2.4
Grilled Prawn Skewer	310	17	48	-	36	5	2.1
Crispy Potato Skins	300	6	40	-	2	13	0.1
Tomato and Herb Soup	269	8	41	-	8	8	2.5

TOPPINGS & SAUCES

Cheddar Cheese Large (Nachos)	497	30	2	-	0	41	2.2
BBQ Pulled Pork Large (Nachos)	419	27	30	-	25	21	1.1
Cheese & BBQ Pulled Pork	398	22	31	-	25	21	1.6
American Cheese sauce Large (Nachos)	323	6	18	-	14	25	3.5
Chilli Large (Nachos)	284	18	28	-	15	10	3
Cheese & Beef Chilli	266	16	15	-	8	15	2.1
Cheddar Cheese Small (Nachos)	248	15	1	-	0	20	1.1
Cheese & Bacon	195	15	1	-	0	15	2
Sauce - Sticky Bourbon made with JD Whisky	139	0	34	-	32	0	0.7
Sauce - BBQ Dip	129	1	30	-	25	0	0.9
Cheese	124	8	1	-	0	10	0.6
Sauce - Cooling minted sour cream	62	1	2	-	2	6	0.1
Sauce - Peri Peri	42	1	4	-	3	3	2.4
Sauce - Hot Peri-Peri	21	0	2	-	1	1	1.2

SHARERS

1/2 House Sharer	1030	36	104	-	29	51	4.8
1/2 House-Fried Corn Nachos	703	14	76	-	16	37	5
1/3 House Sharer	687	24	69	-	19	34	3.2
1/3 House-Fried Corn Nachos	468	9	51	-	10	24	3.3

SALADS

Bourbon Glazed Crispy Duck Salad	554	39	31	-	29	29	2.3
Smoked Haddock and Spring Onion Fishcakes	473	17	56	-	13	19	1.6
Superfood Salad	173	7	25	-	17	4	1
ADD Grilled Halloumi	398	29	3	-	3	30	3.3
ADD Chicken and Bacon	269	50	0	-	0	8	1.9
ADD Chilli Maple Glazed Prawn Skewer	148	15	19	-	18	1	1.4

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SANDWICHES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sweet Chilli Southern Fried Chicken (white)	915	36	121	-	33	31	4.2
Sweet Chilli Southern Fried Chicken (wholemeal)	882	39	108	-	32	31	4.2
Hand-Battered Fish Goujons (baguette)	881	42	99	-	3	34	1.9
Grilled Halloumi Red Pepper & Salsa (wrap)	876	41	79	-	13	43	5.3
Sweet Chilli Southern Fried Chicken (baguette)	869	37	115	-	29	28	4.4
Grilled Halloumi Red Pepper & Salsa (baguette)	836	43	76	-	14	39	5.3
Grilled Halloumi Red Pepper & Salsa (white)	833	43	66	-	12	42	5.2
Sweet Chilli Southern Fried Chicken (wrap)	776	33	97	-	30	28	3.3
Hand-Battered Fish Goujons (white)	776	31	100	-	7	27	1.6
Hand-Battered Fish Goujons (wholemeal)	743	33	87	-	6	27	1.6
Grilled Halloumi Red Pepper & Salsa (wholemeal)	741	37	55	-	10	40	4.3
Hand-Battered Fish Goujons (wrap)	637	28	76	-	4	24	0.7

JACKETS

Cheddar Cheese and Heinz Baked Beans	619	27	60	-	10	27	1.9
Cheddar Cheese	552	22	50	-	8	27	1.5
Beef Chilli with Sour Cream	503	17	64	-	17	17	1.9
Tuna Mayo	471	29	51	-	9	15	1.5

SUPER SUBS

BBQ Chicken and Bacon Melt	823	69	95	-	30	18	4.3
Tuna Mayo Melt	791	64	68	-	6	28	4.2
Add Fries	461	4	60	-	1	23	0.8

ALL TIME CLASSICS

Pulled Ham, Chicken and Cheddar Cheese Pie	1077	24	101	-	8	64	1.9
Cod & Chips	1001	42	95	-	4	49	3.3
Scampi & Chips	931	25	105	-	3	45	4.2
Rack of BBQ Glazed Ribs Sticky Pork Ribs	887	58	69	-	43	42	3.4
Cheddar Mac & Cheese	809	31	75	-	6	41	4.3
Stilton and Mushroom Chicken.	709	59	49	-	5	29	3.1
Beef Chili, plain rice & nachos	639	26	87	-	16	19	3.6
Italian Style Chicken	620	43	33	-	8	35	2.8
Lemon Peri-Peri Chicken & Pepper Skewers	607	47	49	-	24	24	6
Sweet Potato Fries	503	3	55	-	15	30	1.4
Add grilled chicken breast	185	40	2	-	1	2	1
Add bacon	143	5	0	-	0	14	0.5

MAINS

British Pork Sausages and Mash	1244	32	73	-	11	89	5
Half a Roast Chicken	1236	89	81	-	6	62	3.7
Ploughmans Pork Pie	1164	29	148	-	35	49	5.4
Fish & Chips	987	40	83	-	3	54	1.1
Ploughmans Cropwell Bishop Stilton	959	36	99	-	30	45	5.7

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Jambalaya	690	55	50	-	18	28	3.3
Chicken Tikka Masala	626	34	92	-	24	12	4.6
Beef & Red Wine Lasagne	489	21	49	-	7	22	3.3
7oz Gammon Steak	451	48	11	-	7	23	4.3
Minced Beef, Ale, and Vegetable Pie	379	10	35	-	6	21	1.9
Naan Bread, Veg Samosa, Bhaji & Pakora	256	5	48	-	16	5	1.6

VEGETARIAN

Jerk Bean Burger	1144	24	180	-	30	34	4
Battered Halloumi & Chips	983	39	80	-	3	56	4.9
Roast Vegetables Tart	768	19	87	-	18	36	3.5
Vegetarian Sausage & Mash	748	34	73	-	13	32	4
Jerk Bean Burger (no Bun Vegan)	678	18	124	-	37	10	2.7
Sweet Potato, Lentil and Spinach Dhansak	647	13	94	-	26	23	2.9
Grilled Vegetable Jambalaya	492	13	50	-	18	24	2.8

FROM THE GRILL

Buttermilk & Herb Boneless Half chicken	2116	91	211	-	88	99	7.7
Chick -Tastic	1917	137	171	-	43	73	7.6
All American Platter	1881	89	168	-	47	93	5.2
Seasoned Pork Chops	1614	83	134	-	58	82	5.5
Mega Mixed Grill	1489	102	53	-	6	96	11.6
Bourbon Glazed Crispy Duck	1464	85	124	-	61	68	4.5
Gammon-Tastic	1359	91	37	-	16	93	15.4
Marmalade Gammon Hock	1342	69	101	-	28	73	7.3
Vegetarian All Day Breakfast	1239	54	113	-	10	60	5.1
Fajitas - Grilled Chicken Fillet	1091	49	76	-	10	64	7.3
Fajitas - Grilled Halloumi	1091	50	80	-	15	62	7
Chicken and Ribs Combo	1062	76	92	-	18	45	3
BBQ Hunters Chicken	999	59	103	-	30	40	4.1
Sizzling Lamb Kebab Skillet	993	44	78	-	14	54	4.3
Grilled Rump Steak	930	49	78	-	12	46	4
Mexican Meltdown	889	62	80	-	17	34	4.9
Surf & Turf	744	24	87	-	4	33	2

STEAK SKILLET

Classic Mixed Grill	1514	93	82	-	5	90	5.3
Rump Steak Platter 2x9oz Rump	1485	109	87	-	2	79	1.6
9oz Rump	982	57	74	-	2	51	1.2
8oz Sirloin	974	54	72	-	2	52	1.1
Steak and Chicken Combo	949	79	72	-	2	38	1.5
Surf & Turf	947	19	116	-	7	46	3.3
9oz Rib-eye	931	64	72	-	2	42	1.5
5 oz Rump	762	38	72	-	2	35	1.1

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LOADED STEAKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The New Yorker	1833	78	141	-	7	105	4.4
The Black and Blue	1338	64	103	-	5	73	2.9
Upgrade to a Rib eye steak	375	57	0	-	0	16	0.7
Toppings - The Texan	536	35	27	-	23	32	3.5
Toppings - The Boston	410	24	33	-	27	20	4.4
Half rack of BBQ pork ribs	289	27	17	-	13	13	1
BBQ chicken wings and onion rings	244	11	27	-	14	10	0.8
Bourbon made with Jack Daniels® whiskey	186	1	46	-	43	0	1
BBQ	172	2	41	-	34	0	1.2
Creamy Diane Sauce	78	2	4	-	2	6	1
Three Peppercorn	65	1	4	-	2	5	0.8
Peri-Peri	57	1	5	-	3	4	3.2

BURGERS

The Skyscraper	1952	93	140	-	29	114	9.3
Backyard BBQ	1616	63	159	-	47	81	5.3
Old Faithful	1404	60	118	-	20	77	5.1
BBQ Chicken	1347	67	158	-	46	49	5.6
Black & Blue Burger	1295	50	118	-	20	69	4.3
Southern Fried Chicken	1293	52	137	-	20	59	4.4
Mixed Grill Burger	1279	99	63	-	21	70	5.8
The Triple House	1216	96	78	-	27	58	5.7
Jerk Bean Burger	1144	24	180	-	30	34	4
Beef Burger	1122	39	118	-	20	55	3.5
Grilled Chicken Fillet Burger	991	53	116	-	19	34	2.7

MAKE IT YOURS

Southern Fried Chicken Fillet	392	32	22	-	0	19	1.4
6oz Beef Burger	329	28	1	-	1	24	1.3
BBQ Pulled Pork	274	14	30	-	25	11	1
Chicken Fillet	198	42	0	-	0	3	0.5
Cropwell Bishop Stilton	164	10	0	-	0	14	0.8
American Cheese Sauce	161	3	9	-	7	13	1.8
Fried Free Range Egg	117	9	0	-	0	9	0.3
Streaky bacon	76	7	0	-	0	5	0.5
Back Bacon	71	8	0	-	0	5	1.4
Monterey Jack Cheese	65	4	0	-	0	5	0.3

SIDES

Cheesy bacon chips	780	27	62	-	1	48	3.3
Cheesy Chips	709	19	61	-	1	43	1.9
Sweet Potato Fries	503	3	55	-	15	30	1.4
House Seasoned Chips	466	5	61	-	1	23	1.4
Unseasoned Chips	461	4	60	-	1	23	0.8

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bread and Butter (White)	415	12	70	-	6	9	1.3
Bread and Butter (Brown)	380	14	57	-	5	9	1.3
Cheesy Garlic Bread	372	13	30	-	2	22	1.5
Mac & Cheese	322	14	28	-	2	17	1.8
Mash	299	6	40	-	2	11	1.2
Jacket Potato	261	6	43	-	3	6	0.2
Garlic Bread	248	6	29	-	2	12	0.9
Onion Rings	242	4	30	-	4	12	0.6
Grilled Corn Cobbettes	232	6	26	-	19	9	0.1
Basmati rice	217	6	43	-	0	2	0.3
Buttered baby potatoes	205	3	32	-	3	6	0.2
Coleslaw	123	1	5	-	3	11	0.6
Dressed side salad	42	2	6	-	6	1	0.3

DESSERTS

Chocolate Fudge Cake	1237	17	160	-	133	57	1.6
A Trio of Desserts	975	9	103	-	88	58	0.8
Salted Caramel Profiteroles	853	7	92	-	82	50	0.8
Cookie Dough Cream Pie	825	7	97	-	79	45	0
Sticky Toffee Pudding	749	11	100	-	44	34	0.9
Strawboffee Pie	692	7	87	-	66	33	0.5
Treacle Sponge	684	9	112	-	91	22	1
New York Style Baked Cheesecake	665	7	85	-	62	33	0.5
Belgian Chocolate Brownie	662	7	92	-	76	28	0.6
Caramel Apple Crumble	359	3	64	-	40	10	0.4
Lemon Possett	254	1	26	-	19	16	0.1
Vanilla Ice-Cream	233	2	39	-	35	7	0.2
With Custard	180	6	30	-	22	4	0.3
With Cream	118	1	3	-	3	11	0
With Ice cream	68	1	9	-	9	3	0.1

SUNDAES

Nestle Mint Aero Sundae	939	10	124	-	110	44	0.5
Rocky Road Sundae	885	10	109	-	87	45	0.8
Strawberries and Cream Sundae	767	13	95	-	91	37	0.5
Cadbury Lovers Sundae	733	9	94	-	87	35	0.3
Honeycomb Explosion Sundae	626	4	97	-	89	25	1

BREAKFAST

The Ultimate Breakfast	3112	137	200	-	16	194	15.3
Sizzling Breakfast	1288	59	68	-	10	85	5.8
Bap - The Works	968	41	49	-	7	68	5.7
Loaded Omelette & Pork Sausages	883	37	16	-	6	74	3.5
Bap - Grilled Pork Sausages and fried egg	826	26	48	-	7	58	2.8
American Style Steak and Eggs	823	52	50	-	0	47	0.8
Small Breakfast	585	27	29	-	5	39	3.2

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Loaded Omelette & Grilled Back Bacon	529	39	7	-	4	38	4.6
Sizzling Vegetarian Breakfast	520	34	12	-	4	36	3.4
Bap - Grilled Back Bacon and a fried Egg	472	28	39	-	4	23	3.9
Small Vegetarian Breakfast	444	21	38	-	4	22	1.6
Loaded Omelette & Mushroom	405	27	7	-	4	30	1.8

BREAKFAST EXTRAS

British pork sausage	248	6	5	-	1	22	0.9
Brown Toast and Butter	226	6	34	-	3	7	0.7
White Toast and Butter	215	7	28	-	2	7	0.7
Choice Honey	141	0	35	-	0	0	0
Veggie Sausage	115	8	4	-	1	7	1.1
Golden Hash brown	96	1	12	-	0	5	0.3
Choice Blackcurrant Jam	96	0	23	-	21	0	0
Choice Marmalade	96	0	24	-	21	0	0
Choice Strawberry Jam	96	0	24	-	21	0	0
Choice Raspberry Jam	95	0	23	-	21	0	0
Free range Fried Egg	92	7	0	-	0	7	0.2
Grilled Flat Mushroom	75	1	10	-	0	3	0
Heinz Baked Beans	73	5	11	-	3	0	0.4
Grilled Back Bacon	40	5	0	-	0	2	1
Grilled Half Tomato	15	1	3	-	2	0	0