



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO
WETHERSPOONS

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SMALL PLATES

	ories (kcal)	rotein (g)	al Carbohydrates (g)	tary Fibre (g)	sars (g)	al Fat (g)	t (g)
Topped chips - Loaded	1422	42	140	10	5	79	5.1
Chicken wings	1333	106	33	4.5	10	85	2.2
Topped chips - Chip shop-style curry	1057	14	145	11.7	5	46	3.3
Small nachos	671	20	54	5.6	5	41	2.3
Southern-fried chicken strips	653	36	42	0.3	2	38	1.4
Lentil & bacon soup	554	23	60	5.7	8	24	4.6
Butternut squash soup	544	8	63	6.5	18	27	2.8
Grilled halloumi	517	28	24	0	24	31	3
Breaded Brie	503	10	58	0.1	15	26	2.2
Spicy coated king prawns	484	24	43	2	18	24	2.3
Houmous and falafel	450	12	22	9.2	4	33	1.6
Haggis bites	439	14	28	3.6	3	29	2.8
Chicken breast bites	416	32	50	0.1	23	10	2.9
Broccoli & Cheese Soup	401	10	32	7.1	1	25	3.8
Tomato & basil soup	323	8	41	4.5	3	14	2.4
Tandoori chicken bites	316	37	23	1	11	9	2.7
Gyoza	259	6	52	1.4	26	3	2.5
Wheaten bread	191	8	31	3.9	4	3	0.8

SALADS AND PASTAS

British beef Lasagne	840	44	80	5.6	19	37	3.7
Irish beef lasagne	840	44	80	5.6	19	37	3.7
Mediterranean vegetable lasagne	748	25	84	8.3	20	34	3.8
Lamb moussaka	729	28	38	6.8	16	51	3.2
Chicken, avocado & bacon salad	402	33	17	2.6	9	22	1.6
Quinoa salad	395	10	51	0.9	11	19	1.5

DELI DEALS

Grilled halloumi & sweet chilli wrap	753	35	61	4.3	20	37	3.9
Cheese & tuna melt panini	701	42	55	3.7	4	34	0.8
Southern-fried chicken wrap	618	28	67	3.6	4	25	1.8
BBQ chicken, bacon & cheese panini	611	43	63	4.2	10	21	1.7
Jacket potato with cheese	600	25	51	9.1	9	31	2.2
Chips option	597	8	85	6	2	24	1.4
Chicken & avocado wrap	587	49	46	3.8	3	22	2.3
Jacket potato with coleslaw	585	8	58	8.7	15	34	1.7
Tandoori chicken wrap	572	43	66	4.5	13	15	3.7
Wiltshire cured ham & cheese panini	555	33	57	4	3	21	2.4
Cheese & tomato panini	546	26	58	4.3	4	23	1.2
Jacket potato with tuna mayo	541	27	50	9.1	9	24	1.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Jacket potato with chilli con carne	541	21	69	12.7	16	18	1.9
Falafel & houmous wrap	509	14	57	9.2	5	23	1.9
Chicken breast wrap	497	48	51	3.7	11	10	2.4
Jacket potato with five-bean chilli	415	12	66	13.4	14	9	1.9
Smoked salmon, cream cheese & rocket bagel	409	20	47	3.5	5	16	0.8
Jacket potato with beans	390	12	63	13.7	11	8	1.3
New York-style pastrami bagel	388	17	53	3.8	11	12	3.6
Smashed avocado bagel	349	10	53	4	7	11	1.2
Side salad option	82	1	5	1.2	4	6	0.5

FRESH FROM THE GRILL

Large mixed grill	2092	104	137	17.6	13	122	7.7
Mixed grill	1496	87	99	13	7	82	5.5
14oz Aberdeen Angus rump steak	1440	98	96	12.2	6	71	2.1
8oz sirloin steak	1196	65	95	11.5	5	60	1.9
BBQ chicken melt	1146	68	110	11.9	19	47	4
8oz Aberdeen Angus rump steak	1135	63	95	11.5	5	54	1.9
10oz gammon with eggs	898	30	95	11.5	5	42	1.9
Skinny Sirloin steak Quinoa salad, dressing	650	54	24	0.3	6	38	1.3
Skinny Rump steak Quinoa salad, dressing	641	48	24	0.3	6	40	1.3
Surf and Turf	474	21	48	2.8	2	22	2.9
Garlic & parsley butter	90	0	1	0.2	0	10	0.2
Peppercorn Sauce	82	1	4	0.7	0	7	0.6
Fried egg	82	7	0	0	0	6	0.2
Honey Glaze	72	0	17	0.6	14	0	0.5

PUB CLASSICS

Beef & ale pie - chips & mushy peas	1593	38	177	14.2	9	80	5
Chicken, leek & pancetta pie - chips & mushy peas	1572	40	181	14.4	8	75	5
British steak & kidney pudding	1344	35	140	11.7	8	71	3.5
Battered haddock and chips - mushy peas	1308	61	201	15.7	5	28	8.8
Battered cod and chips - mushy peas	1268	65	187	15.2	5	28	7.6
Beef & ale pie - mash & mushy peas	1267	34	128	11.6	9	67	3.7
Chicken, leek & pancetta pie - mash & mushy peas	1243	36	132	11.7	8	62	3.6
Lamb Shank	1217	69	59	4.6	17	76	2.3
Whitby breaded scampi	1138	34	141	13.3	6	47	4.3
Chicken tikka masala	1085	59	122	5.7	21	40	4.1
Wiltshire cured ham, eggs and chips	941	46	85	6	2	45	4.3
Bangers and mash	894	29	60	13.5	10	57	2.4
Small battered cod and chips - mushy peas	890	42	129	11.8	4	21	3.4
Small battered haddock and chips - mushy peas	869	38	129	11.8	4	21	5.3
Sweet potato, chickpea & spinach curry	839	26	139	13.6	16	23	4.2
Small Whitby breaded scampi	779	22	100	10.3	5	31	2.5
5oz gammon, eggs, chips	755	22	85	6	2	35	1.7
Fish and Chips	723	16	105	11.7	4	25	2.2
Vegetarian sausages & mash	708	36	73	15.1	5	27	3.1
British beef chilli con carne	706	37	91	11.6	15	20	1.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Irish beef chilli con carne	706	37	91	11.6	15	20	1.8
Five-bean chilli	514	16	98	16.9	20	9	2.9
Bread and Butter	458	9	47	3.1	1	26	1.7
Teriyaki noodles	421	12	58	7.2	17	12	4.1

BURGERS AND DOGS

NF Gourmet Vegetable Burger	1259	27	154	15.1	14	59	3.7
Classic hot dog	1128	31	120	7.6	4	57	2.1
NF Vegetable Burger	1127	27	162	15.7	16	42	3.5
Vegetable burger	1126	33	165	17.1	12	37	3
Fried buttermilk chicken burger	580	37	54	2.7	7	23	0.6
Classic 6oz burger	574	39	39	4.2	9	28	1.4
Skinny chicken burger	446	50	36	3.2	8	10	1.6
Chicken breast burger	434	50	34	2.7	7	10	1.6

BURGER TOPPINGS

Grilled halloumi	416	31	3	0	3	31	0
Six beer-battered onion rings	338	4	35	3.1	5	20	1.4
Blue cheese sauce	212	2	8	0.3	3	19	0
Chilli con carne	183	14	18	3.6	6	6	1.1
Bacon with Cheese	158	13	4	0.1	2	10	0.9
Bacon with American Cheese	158	13	4	0.1	2	10	0.9
Caerphilly cheese & leek sauce	144	5	5	1	1	11	0.6
Five-bean chilli	107	6	15	4.3	5	1	1.1
Coleslaw	95	1	3	0	2	9	0.3
American cheese	82	4	3	0	1	6	0.8
Cheddar cheese topping	78	5	0	0	0	6	0
Maple-cured bacon	77	9	1	0.1	1	4	0.1
BBQ sauce	75	1	16	0.8	13	1	0.7
Fried Egg	72	7	0	0	0	5	0.2
Avocado topping	62	1	3	0.2	0	5	0
Crispy onion	61	1	4	0.4	2	5	0.1
Peri-peri sauce	19	0	2	0.6	0	1	0.7

GOURMET BURGERS AND DOGS

Ultimate burger	2015	92	170	14.6	24	105	7.3
Empire State burger	2012	94	167	14.9	19	105	5.8
Brie & bacon beef burger	1946	68	195	13.7	29	99	7
BBQ burger - Buttermilk chicken	1765	64	194	12.9	28	80	4.3
BBQ burger - beef	1759	66	179	14.4	30	84	5
Brunch burger- Beef	1756	70	178	12.1	15	83	3.7
Brunch burger- Beef	1750	72	163	13.6	16	88	4.5
Chilli dog	1741	56	172	14.3	14	90	4.8
Gourmet Vegetable Burger	1711	42	209	22.9	17	77	5.5
Pulled beef burger	1689	59	171	13.7	21	83	4.3
Tennessee burger- Buttermilk chicken	1683	59	195	12.7	29	72	4

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Beef burger with Cornish cheese	1649	71	136	12	19	89	5.9
New York deli burger	1646	56	165	14.1	20	82	6.1
State dog	1645	43	165	11.8	12	89	4.3
BBQ burger - Chicken	1619	77	174	12.9	28	66	5.2
Brunch burger- grilled chicken	1598	81	158	12.1	14	70	4.6
Tennessee burger - chicken	1537	72	175	12.7	28	59	5
Original gourmet beef burger- ROI	822	60	44	4.5	11	44	1.9
Original gourmet Buttermilk chicken burger	808	58	61	3.5	10	37	1.5
Original gourmet chicken burger	662	71	41	3.5	9	23	2.4

GOURMET BURGERS/SANDWICHES (NO ONION RINGS)

Ultimate burger	1854	70	164	14.4	19	102	6.1
BBQ burger - beef	1836	69	178	14.5	31	94	6.7
BBQ burger - Chicken	1696	80	173	13	29	76	6.9
Tennessee burger - beef	812	52	57	5	24	42	3.6
Tennessee burger - chicken	672	63	53	3.6	22	24	3.8

SIDES

Bowl of chips with curry sauce	1057	14	145	11.7	5	46	3.3
Bowl of chips	955	13	136	9.7	3	39	2.2
Haggis & whisky sauce	691	22	75	13.4	18	33	1.9
Twelve beer-battered onion rings	675	8	69	6.2	10	40	2.8
Half rack of BBQ pork ribs	586	43	23	0	23	36	1.2
Garlic ciabatta bread With Cheese	558	21	57	3.9	3	27	0.2
Garlic ciabatta bread Plain	402	11	56	3.9	3	14	0.2
Six beer-battered onion rings	338	4	35	3.1	5	20	1.4
Slice of Garlic ciabatta bread With Cheese	279	11	28	1.9	2	13	0.1
Slice of Garlic ciabatta bread Plain	201	6	28	1.9	2	7	0.1
Quinoa side salad	193	5	24	0.3	6	10	1
Peas	130	10	16	8.2	4	1	0
Coleslaw	95	1	3	0	2	9	0.3
Two char-grilled mini corns-on-the-cob	86	3	15	5.5	2	2	0
Side salad with dressing	82	1	5	1.2	4	6	0.5

CHICKEN AND RIBS

BBQ pork ribs	2201	99	170	9.1	55	124	9.2
Chicken & rib combo	1896	97	162	9.9	45	94	7.8
Triple chicken feast	1751	119	138	11.5	20	80	3.8
Southern-fried chicken strips	1263	45	145	6.6	20	55	3.3
Peri-peri roast half chicken	964	34	98	9.9	5	48	3
Buttermilk chicken breast meal	466	29	24	0	4	29	0.3

DESSERTS

Millionaire sundae	1352	15	170	2.7	135	69	1.3
Warm chocolate fudge cake with ice cream	1003	14	116	3.6	93	54	1.1
Cookie Dough Sundae	990	11	121	1.3	93	52	1

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chocolate ice cream sundae	981	11	119	3.2	103	52	0.6
Warm chocolate brownie with ice cream	872	10	103	3.5	92	46	0.6
Knickerbocker glory	796	7	120	2	94	32	0.5
American-style pancakes with ice cream and syrup	793	15	144	3.3	78	18	2.8
Warm cookie dough sandwich with ice cream	756	9	106	1.5	74	34	0.8
American-style pancakes with ice cream & fruit	743	15	131	3.4	74	18	2.6
British Bramley apple crumble with ice cream	713	7	108	4.1	74	27	0.5
Madagascan vanilla cheesecake with fruit	635	9	75	1.6	51	33	0.8
Eton mess	604	6	91	2.2	76	24	0.3
Madagascan vanilla cheesecake, caramel sauce	544	9	47	0.8	31	35	0.9
British Bramley apple crumble with custard	536	6	95	4.3	58	14	0.3
Fresh fruit and ice cream	473	6	76	3.5	67	17	0.3
Carrot cake	388	4	44	1.2	31	22	0.2
Add a scoop of Vanilla ice cream	147	2	17	0.1	14	8	0.1

BREAKFAST

Large breakfast	1612	59	105	15.1	8	106	6.8
American breakfast	1510	57	142	8	53	79	5.3
Large vegetarian breakfast	1416	59	119	18.4	7	76	5.5
Vegetarian breakfast	976	46	77	13.9	6	52	3.8
Traditional breakfast	957	38	65	10.5	6	61	4.6
Breakfast wrap	776	32	58	5.9	4	46	3
Vegetarian breakfast wrap	730	28	73	7.3	3	35	2.4
American-style pancakes with syrup and bacon	673	19	111	3.1	50	18	2.8
Bacon butty	640	35	47	3.6	1	38	4.8
Eggs Benedict	636	41	30	2.5	5	39	3.6
Eggs royale	597	29	30	3.1	5	39	1.1
Scrambled egg on toast	587	33	49	3.1	3	29	1.9
Scrambled egg on wholewheat toast	549	33	48	3.7	4	25	2
Breakfast roll with sausage	546	17	32	4	3	38	2.1
Children's (small) breakfast	532	27	29	7.5	4	34	2.6
Beans on toast	518	21	72	12.3	6	15	2.5
American-style pancakes with syrup	508	10	88	2.2	34	13	2.6
Gluten-free breakfast	478	36	14	5.9	4	32	2.7
Beans on wholewheat toast	475	22	71	12.9	6	10	2.3
Toast and preserves	472	9	65	3.4	19	19	1.6
MOMA! Porridge with banana and honey	462	15	89	6.8	58	5	0.3
Smoked salmon, cream cheese & rocket bagel	409	20	47	3.5	5	16	0.8
Smashed avocado bagel with poached egg	406	15	54	4	7	15	1.3
Breakfast roll with Quorn sausage	400	20	39	5.2	2	17	2
Children's vegetarian breakfast	386	22	34	8.3	4	17	1.7
Fresh fruit and Greek-style yoghurt with honey	357	7	60	3.2	56	11	0.2
Breakfast roll with bacon	354	17	25	1.2	1	23	2.5
Smashed avocado bagel	349	10	53	4	7	11	1.2
Bagel with cream cheese	317	10	47	2.8	6	11	0.9
MOMA! Porridge with blueberries & brown sugar	310	13	52	5.5	23	5	0.2
Fresh fruit	172	2	41	3.2	38	1	0

1-200 CAL

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BRUNCH

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
All-day brunch	1356	54	106	14.2	7	79	5.3
Steak and eggs - Sirloin	1172	68	85	6	2	61	2
Steak and eggs - Rump	1110	65	85	6	2	56	1.9
Vegetarian all-day brunch	556	45	35	11.2	3	24	2.7

BRUNCH (SCOTTISH)

Large Scottish breakfast	1444	73	108	15.4	6	80	7.5
Mac and cheese with chips	1320	39	172	10.7	5	53	4.7
Balmoral chicken	1198	75	77	9.8	13	65	6.2
Highland burger	1198	75	77	9.8	13	65	6.2
Scottish haggis, neeps and tatties	1084	23	101	16.4	19	60	4.2
Chips with gravy	984	14	141	9.8	3	39	3.1
Mac and cheese with garlic bread	850	35	106	5.6	3	33	3.7
Eggs Balmoral	756	28	51	4.9	6	48	2.9
Scottish breakfast	703	42	48	9.5	5	39	4.1
Breakfast roll with sausage	486	21	30	6.4	1	30	2.1
Breakfast roll with black pudding	444	16	44	1.1	1	23	2.7
Breakfast roll with haggis	353	10	35	2.2	2	19	1.7
Breakfast roll with fried egg	277	11	25	0.9	1	15	0.9

BRUNCH (IRISH)

Large Ulster fry with mushroom	1600	55	189	17.6	13	69	7.3
Large Ulster vegetarian breakfast	1127	59	104	17.6	7	51	4.8
Ulster fry	1123	55	87	10.1	9	62	7
Gourmet Beef Burger	822	60	44	4.5	11	44	1.9
Vegetarian sausages and champ	774	29	54	15.2	14	47	3.1
Roast of the day - beef	723	54	70	7.6	16	25	3.7
Breakfast soda	721	36	67	3.7	6	36	4.5
Ulster vegetarian breakfast	625	41	50	12.4	6	28	2.7
Sausages and champ	557	34	65	16.2	10	15	3.5

BRUNCH (CORNISH)

Cheese & onion pasty	1383	30	168	15	7	63	4.5
Crab sandwich	1073	35	134	12.5	4	42	3.7
Large Cornish pasty	932	12	127	0.8	122	43	1.1
Cornish Ploughman's sandwich	689	36	81	4.1	36	25	3.5
Cornish Ploughman's plate	667	43	58	4.8	34	29	4.2
Crab salad	243	18	4	3.4	3	17	1.2
Cornish chocolate ice cream	225	7	27	0	26	9	0.8
Cornish chocolate mint ice cream	213	6	26	0	26	9	0.3
Cornish strawberry ice cream	178	4	27	0	26	6	0.2

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CHICKEN CLUB

	ories (kcal)	rotein (g)	al Carbohydrates (g)	tary Fibre (g)	gars (g)	al Fat (g)	t (g)
Triple chicken feast	1751	119	138	11.5	20	80	3.8
Chicken wings	1166	105	22	3.9	5	72	0.3
Roast half chicken	1040	106	3	2.3	2	67	3.4
Chicken quinoa salad	601	51	51	0.9	11	23	2.5
Southern-fried chicken strips	595	37	43	0	4	31	1.4
Pulled chicken bun	541	51	39	2.3	8	20	1.9
Fried buttermilk chicken breast	447	29	23	0	3	27	0.3
Chicken breast bites	405	32	29	0	3	18	1.6
Grilled chicken breast	301	42	3	0	3	13	1.3
Sticky soy sauce	106	1	24	0.1	22	1	1.6
BBQ sauce	75	1	16	0.8	13	1	0.7
Honey glaze	72	0	17	0.6	14	0	0.5
Sriracha sauce	51	0	6	0.4	5	3	2.2
Peri-peri sauce	19	0	2	0.6	0	1	0.7
Chips option	597	8	85	6	2	24	1.4
Mexican-style rice	202	4	44	2.9	3	1	0
Side salad with dressing	82	1	5	1.2	4	6	0.5

STEAK CLUB

BBQ pork ribs	2201	99	170	9.1	55	124	9.2
Large mixed grill	2092	104	137	17.6	13	122	7.7
Chicken & rib combo	1896	97	162	9.9	45	94	7.8
Mixed grill	1496	87	99	13	7	82	5.5
14oz Aberdeen Angus rump steak	1440	98	96	12.2	6	71	2.1
8oz sirloin steak	1196	65	95	11.5	5	60	1.9
BBQ chicken melt	1146	68	110	11.9	19	47	4
10oz gammon with eggs	898	30	95	11.5	5	42	1.9
Skinny Sirloin steak Quinoa salad, dressing	650	54	24	0.3	6	38	1.3
Skinny Rump steak Quinoa salad, dressing	641	48	24	0.3	6	40	1.3

FISH FRIDAY

Battered haddock and chips with mush peas	1308	61	201	15.7	5	28	8.8
Battered cod and chips with mushy peas	1268	65	187	15.2	5	28	7.6
Battered haddock and chips with peas	1246	58	189	14.4	5	28	7.9
Cod fillet, peas or mushy peas	1205	62	175	13.8	5	28	6.7

1-200 CAL

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CURRY CLUB

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Beef Madras	1136	44	142	10.3	16	45	1.9
Chicken tikka masala	1085	59	122	5.7	21	40	4.1
Chicken and Paneer Makhani	1056	29	121	6	17	51	7.6
Chicken korma	1040	59	124	6	22	34	3.9
Lamb rogan josh	964	40	124	8.2	21	35	6.4
Chicken vindaloo	953	59	117	9.7	18	27	3.7
Chicken balti	922	48	115	8.4	12	32	4.2
Chicken jalfrezi	896	56	114	9.2	13	23	1.9
The flaming dragon curry	862	55	113	11.2	9	20	4.5
Sweet potato, chickpea & spinach curry	839	26	139	13.6	16	23	4.2
Rice, naan and poppadums	499	14	88	3.3	2	10	1.6
Poppadums and dips	450	8	42	2.3	27	21	1.6
Vegetable samosas (two)	440	4	34	2.9	2	33	1.4
Tandoori chicken salad	382	43	23	1.6	11	13	2.5
Onion bhajis (two)	371	9	26	7.1	8	24	2.2
Bombay potatoes	272	4	35	5.9	6	11	1
Garlic & coriander naan	270	7	43	1.9	2	8	1.1
Vegetable samosa (one)	220	2	17	1.5	1	16	0.7
Onion bhaji (one)	185	5	13	3.6	4	12	1.1

PIZZA

Spicy meat feast	1231	79	105	5.5	9	57	2.7
Pepperoni	1149	51	104	5.2	9	61	0.9
BBQ chicken	1100	63	122	6.4	24	42	2.1
Ham and pineapple	1050	53	116	5.7	21	44	2.2
Ham and mushroom	1028	57	105	6.4	9	44	2.2
Classic Margherita	911	41	104	5.3	9	39	0.9
Garlic pizza bread with mozzarella (large)	887	29	99	4.9	6	44	1
Garlic pizza bread (large)	702	17	98	5.2	6	29	0.7
Garlic pizza bread with mozzarella (small)	556	21	54	2.8	3	30	0.6
Garlic pizza bread (small)	369	10	52	2.8	3	15	0.3