

Hungry Horse Core Menu Nutritional Information Spring Summer 2019



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult

<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Starters	Roasted Tomato Soup (v)	1173	14%	280	14%	8.8	13%	4.7	23%	42.0	16%	9.3	10%	6.8	14%	1.96	33%
Hungry Horse SS19 Main Menu	Starters	Roasted Tomato Soup (Ve) - Vegan Serve	714	9%	171	9%	4.0	6%	1.0	5%	28.4	11%	10.3	11%	4.3	9%	1.74	29%
Hungry Horse SS19 Main Menu	Starters	Garlic Ciabatta (v)	1496	18%	358	18%	16.2	23%	6.0	30%	41.8	16%	4.0	4%	9.4	19%	1.44	24%
Hungry Horse SS19 Main Menu	Starters	Cheesy Garlic Ciabatta (v)	2180	26%	521	26%	28.7	41%	14.0	70%	42.3	16%	4.0	4%	22.4	45%	2.24	37%
Hungry Horse SS19 Main Menu	Starters	Garlic Breaded Mushrooms (v)	2866	34%	686	34%	46.1	66%	3.4	17%	55.3	21%	9.7	11%	6.5	13%	3.36	56%
Hungry Horse SS19 Main Menu	Starters	Chicken Fingers - Please select your choice of sauce listed below	2540	30%	607	30%	32.0	46%	5.3	27%	40.0	15%	0.0	0%	31.4	63%	1.18	20%
Hungry Horse SS19 Main Menu	Starters	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse SS19 Main Menu	Starters	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.46	8%
Hungry Horse SS19 Main Menu	Starters	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse SS19 Main Menu	Starters	New Piri Piri Hot Sauce	100	1%	24	1%	0.5	1%	0.0	0%	3.0	1%	2.0	2%	0.5	1%	1.50	25%
Hungry Horse SS19 Main Menu	Starters	Chicken Wings - Please select your choice of sauce listed below	3869	46%	925	46%	59.8	85%	20.3	102%	14.3	6%	12.8	14%	64.8	130%	2.94	49%
Hungry Horse SS19 Main Menu	Starters	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse SS19 Main Menu	Starters	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.46	8%
Hungry Horse SS19 Main Menu	Starters	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse SS19 Main Menu	Starters	New Piri Piri Hot Sauce	100	1%	24	1%	0.5	1%	0.0	0%	3.0	1%	2.0	2%	0.5	1%	1.50	25%
Hungry Horse SS19 Main Menu	Starters	Halloumi Fingers (v)	3215	38%	771	39%	67.0	96%	27.7	139%	4.3	2%	3.8	4%	32.5	65%	5.40	90%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Starters	Tandoori Chicken Tikka Skewers	1937	23%	463	23%	33.1	47%	3.0	15%	11.1	4%	5.3	6%	29.7	59%	1.55	26%
Hungry Horse SS19 Main Menu	Sharers	Mini Hashbrowns Topped with Cheese Burger Melt - Suitable for 2 or more people	3744	45%	896	45%	59.0	84%	10.0	50%	74.6	29%	9.6	11%	15.2	30%	4.47	75%
Hungry Horse SS19 Main Menu	Sharers	Muchos Nachos Grande (v) - Suitable for 2 or more people	4544	54%	1086	54%	62.4	89%	17.2	86%	114.0	44%	17.6	20%	20.9	42%	4.82	80%
Hungry Horse SS19 Main Menu	Sharers	20 Onion Ring Horseshoe Stacker (v) - Suitable for 2 or more people	7461	89%	1783	89%	102.8	147%	36.7	184%	176.7	68%	43.9	49%	22.2	44%	5.20	87%
Hungry Horse SS19 Main Menu	Sharers	Hunter's Chicken Fries - Suitable for 2 or more people	3814	45%	913	46%	51.0	73%	18.0	90%	29.8	11%	15.0	17%	48.8	98%	4.93	82%
Hungry Horse SS19 Main Menu	Sharers	Ultimate BIG Combo - Suitable for 2 or more people	10866	129%	2599	130%	114.2	163%	26.4	132%	218.2	84%	37.0	41%	72.5	145%	9.32	155%
Hungry Horse SS19 Main Menu	Sharers	Kilo of Wings - Please select your choice of sauce listed below - Suitable for 2 or more people	10145	121%	2425	121%	154.5	221%	50.3	251%	37.2	14%	33.2	37%	173.9	348%	7.94	132%
Hungry Horse SS19 Main Menu	Sharers	Caribbean Dressing	1255	15%	300	15%	25.0	36%	2.0	10%	18.0	7%	17.0	19%	0.0	0%	1.00	17%
Hungry Horse SS19 Main Menu	Sharers	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.93	15%
Hungry Horse SS19 Main Menu	Sharers	Sweet Chilli Sauce	686	8%	164	8%	0.0	0%	0.0	0%	41.0	16%	31.0	34%	1.0	2%	1.00	17%
Hungry Horse SS19 Main Menu	Sharers	New Piri Piri Hot Sauce	200	2%	48	2%	1.0	1%	0.0	0%	6.0	2%	4.0	4%	1.0	2%	3.00	50%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Cheesy Melt (v) - Please select your bread choice listed below	1743	21%	417	21%	25.3	36%	16.1	80%	21.8	8%	18.8	21%	26.7	53%	1.71	29%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	White Baguette	1382	16%	330	17%	1.3	2%	0.4	2%	67.0	26%	4.0	4%	11.1	22%	1.10	18%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Southern Fried Chicken & Mayo - Please select your bread choice listed below	1370	16%	327	16%	18.0	26%	2.8	14%	19.9	8%	2.2	2%	18.2	36%	1.49	25%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	White Baguette	1382	16%	330	17%	1.3	2%	0.4	2%	67.0	26%	4.0	4%	11.1	22%	1.10	18%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Omega 3 Fish Fingers & Mayo - Please select your bread choice listed below	1361	16%	325	16%	17.9	26%	1.9	10%	26.0	10%	2.8	3%	13.8	28%	1.09	18%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	White Baguette	1382	16%	330	17%	1.3	2%	0.4	2%	67.0	26%	4.0	4%	11.1	22%	1.10	18%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Chicken Club - Please select your bread choice listed below	2311	28%	552	28%	31.5	45%	10.5	52%	14.1	5%	7.4	8%	52.3	105%	3.47	58%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse SS19 Main Menu	Baguettes & Wrap	White Baguette	1382	16%	330	17%	1.3	2%	0.4	2%	67.0	26%	4.0	4%	11.1	22%	1.10	18%
Hungry Horse SS19 Main Menu	Jackets	Jacket with One Topper Choice - Please select your topping choice listed below	1429	17%	337	17%	7.2	10%	4.6	23%	64.1	25%	4.2	5%	6.1	12%	0.25	4%
Hungry Horse SS19 Main Menu	Jackets	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Jackets	Mozzarella/White Mature Cheddar Grated	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.50	8%
Hungry Horse SS19 Main Menu	Jackets	Chilli Con Carne	828	10%	198	10%	8.0	11%	6.0	30%	16.0	6%	8.0	9%	12.0	24%	0.72	12%
Hungry Horse SS19 Main Menu	Jackets	Coleslaw	314	4%	75	4%	5.3	8%	0.8	4%	6.0	2%	5.3	6%	0.8	2%	0.00	0%
Hungry Horse SS19 Main Menu	Jackets	Jacket with Two Topper Choices - Please select two topping choices listed below	1429	17%	337	17%	7.2	10%	4.6	23%	64.1	25%	4.2	5%	6.1	12%	0.25	4%
Hungry Horse SS19 Main Menu	Jackets	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Jackets	Mozzarella/White Mature Cheddar Grated	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.50	8%
Hungry Horse SS19 Main Menu	Jackets	Chilli Con Carne	828	10%	198	10%	8.0	11%	6.0	30%	16.0	6%	8.0	9%	12.0	24%	0.72	12%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Jackets	Coleslaw	314	4%	75	4%	5.3	8%	0.8	4%	6.0	2%	5.3	6%	0.8	2%	0.00	0%
Hungry Horse SS19 Main Menu	LIVE WELL	Beef Lasagne and Salad	2273	27%	543	27%	21.2	30%	10.1	50%	34.2	13%	11.5	13%	26.2	52%	3.83	64%
Hungry Horse SS19 Main Menu	LIVE WELL	Chicken New Yorker and Salad	1878	22%	449	22%	12.5	18%	6.6	33%	29.0	11%	20.9	23%	49.5	99%	2.47	41%
Hungry Horse SS19 Main Menu	LIVE WELL	Breaded Wholetail Scampi and Salad	2011	24%	481	24%	24.0	34%	2.0	10%	46.7	18%	6.5	7%	16.3	33%	2.47	41%
Hungry Horse SS19 Main Menu	LIVE WELL	Deli Pasta (v)	1678	20%	401	20%	21.8	31%	4.8	24%	39.0	15%	4.0	4%	10.9	22%	1.70	28%
Hungry Horse SS19 Main Menu	LIVE WELL	Deli Pasta and Topper - Please select from the options listed below	1678	20%	401	20%	21.8	31%	4.8	24%	39.0	15%	4.0	4%	10.9	22%	1.70	28%
Hungry Horse SS19 Main Menu	LIVE WELL	Chicken Tikka Bites	833	10%	199	10%	10.5	15%	1.5	8%	6.0	2%	1.5	2%	28.5	57%	0.70	12%
Hungry Horse SS19 Main Menu	LIVE WELL	Salmon Fillet	1453	17%	347	17%	24.8	35%	4.7	23%	0.0	0%	0.0	0%	31.0	62%	0.17	3%
Hungry Horse SS19 Main Menu	LIVE WELL	Rump Steak	606	7%	144	7%	4.8	7%	2.0	10%	0.0	0%	0.0	0%	15.4	31%	0.15	3%
Hungry Horse SS19 Main Menu	LIVE WELL	Grilled Halloumi	837	10%	200	10%	15.0	21%	9.1	45%	1.6	1%	1.6	2%	14.4	29%	1.63	27%
Hungry Horse SS19 Main Menu	LIVE WELL	Roast Chicken Fillet	747	9%	179	9%	0.7	1%	1.0	5%	4.6	2%	0.9	1%	38.4	77%	0.84	14%
Hungry Horse SS19 Main Menu	LIVE WELL	Classic Salad (Ve)	241	3%	58	3%	0.8	1%	0.2	1%	8.8	3%	6.7	7%	1.9	4%	0.14	2%
Hungry Horse SS19 Main Menu	LIVE WELL	Classic Salad and Topper - Please select from the options listed below	226	3%	54	3%	0.6	1%	0.1	1%	8.5	3%	6.6	7%	1.9	4%	0.08	1%
Hungry Horse SS19 Main Menu	LIVE WELL	Chicken Tikka Bites	833	10%	199	10%	10.5	15%	1.5	8%	6.0	2%	1.5	2%	28.5	57%	0.70	12%
Hungry Horse SS19 Main Menu	LIVE WELL	Salmon Fillet	1453	17%	347	17%	24.8	35%	4.7	23%	0.0	0%	0.0	0%	31.0	62%	0.17	3%
Hungry Horse SS19 Main Menu	LIVE WELL	Rump Steak	606	7%	144	7%	4.8	7%	2.0	10%	0.0	0%	0.0	0%	15.4	31%	0.15	3%
Hungry Horse SS19 Main Menu	LIVE WELL	Grilled Halloumi	837	10%	200	10%	15.0	21%	9.1	45%	1.6	1%	1.6	2%	14.4	29%	1.63	27%
Hungry Horse SS19 Main Menu	LIVE WELL	Roast Chicken Fillet	747	9%	179	9%	0.7	1%	1.0	5%	4.6	2%	0.9	1%	38.4	77%	0.84	14%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Chicken New Yorker	7202	86%	1720	86%	43.1	62%	21.0	105%	144.0	55%	47.7	53%	111.7	223%	6.57	110%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Chicken Tikka Masala	10814	129%	2587	129%	141.2	202%	26.2	131%	251.7	97%	61.2	68%	67.1	134%	8.59	143%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Chickpea and Sweet Potato (v)	9847	117%	2353	118%	119.2	170%	18.0	90%	265.1	102%	49.5	55%	44.1	88%	9.73	162%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Crispy Chicken with Curry Sauce	8396	100%	2005	100%	131.5	188%	28.3	141%	140.3	54%	15.7	17%	61.1	122%	5.19	87%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Jumbo Cod & Chlps, please select your side option listed below	7945	95%	1902	95%	132.4	189%	47.0	235%	104.3	40%	9.0	10%	73.0	146%	1.73	29%
Hungry Horse SS19 Main Menu	Big Plate Classics	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Classics	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Classics	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Classics	Side Salad Garnish	30	0%	7	0%	0.3	0%	0.1	0%	0.8	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - 15oz Grilled Gammon	7529	90%	1799	90%	106.5	152%	29.0	145%	97.5	38%	18.4	20%	106.3	213%	7.75	129%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Jumbo Scampi, please select your side option listed below	6719	80%	1606	80%	109.2	156%	20.0	100%	121.3	47%	6.9	8%	27.4	55%	3.41	57%
Hungry Horse SS19 Main Menu	Big Plate Classics	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Classics	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Classics	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Classics	Side Salad Garnish	30	0%	7	0%	0.3	0%	0.1	0%	0.8	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - All Day Breakfast	6365	76%	1521	76%	92.5	132%	38.5	192%	109.9	42%	8.0	9%	51.9	104%	7.96	133%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Big Plate Classics	BPS - Chicken Parmigiana	4928	59%	1178	59%	53.1	76%	14.6	73%	99.0	38%	9.1	10%	72.5	145%	4.53	76%
Hungry Horse SS19 Main Menu	Big Plate Steak	BPS - 8oz Smothered Steak Sizzler	6952	83%	1660	83%	107.7	154%	35.7	178%	96.0	37%	16.0	18%	49.2	98%	3.59	60%
Hungry Horse SS19 Main Menu	Big Plate Steak	BPS - 9oz Sirloin Steak	6703	80%	1601	80%	104.8	150%	30.0	150%	92.5	36%	12.6	14%	53.8	108%	2.26	38%
Hungry Horse SS19 Main Menu	Big Plate Steak	BPS - 12oz Rump	6881	82%	1641	82%	99.6	142%	27.7	139%	92.5	36%	12.6	14%	60.5	121%	2.39	40%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS MIX IT UP - Please select your options from the list below	141	2%	34	2%	0.0	0%	0.0	0%	7.0	3%	7.0	8%	1.4	3%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Chicken Breast Kebab Skewer	1580	19%	378	19%	8.3	12%	1.6	8%	11.8	5%	6.7	7%	64.0	128%	3.76	63%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Salmon Fillet	1453	17%	347	17%	24.8	35%	4.7	23%	0.0	0%	0.0	0%	31.0	62%	0.17	3%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Pork Loin	2697	32%	645	32%	51.7	74%	19.0	95%	0.0	0%	0.0	0%	44.6	89%	0.32	5%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Rump Steak	1218	14%	289	14%	9.6	14%	4.1	20%	0.0	0%	0.0	0%	30.9	62%	0.31	5%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Flattened Half Roast Chicken	1272	15%	304	15%	15.0	21%	4.2	21%	0.4	0%	0.4	0%	41.8	84%	1.16	19%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Battered Chicken Fingers	2764	33%	660	33%	0.0	0%	5.7	29%	43.5	17%	0.0	0%	34.2	68%	1.20	20%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Southern Fried Chicken Skewer	3533	42%	844	42%	44.6	64%	7.3	37%	55.6	21%	0.0	0%	53.1	106%	4.22	70%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Both Chicken Skewers - Chicken Breast & Southern Fried	2556	30%	611	31%	26.4	38%	4.5	22%	33.7	13%	3.4	4%	58.5	117%	4.00	67%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Piri Piri Hot Sauce	200	2%	48	2%	1.0	1%	0.0	0%	6.0	2%	4.0	4%	1.0	2%	3.00	50%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Caribbean Dressing	1255	15%	300	15%	25.0	36%	2.0	10%	18.0	7%	17.0	19%	0.0	0%	1.00	17%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.93	15%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Sauce Garlic and Lemon	668	8%	160	8%	15.5	22%	4.7	24%	3.5	1%	1.6	2%	1.4	3%	0.94	16%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Sweet Chilli Sauce	686	8%	164	8%	0.0	0%	0.0	0%	41.0	16%	31.0	34%	1.0	2%	1.00	17%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Tortilla Wrap	1378	16%	329	16%	8.6	12%	3.6	18%	52.5	20%	2.9	3%	8.2	16%	0.72	12%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Corn Cobs Mini	164	2%	39	2%	1.0	1%	0.1	0%	4.2	2%	1.1	1%	1.9	4%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Mexican Rice	803	10%	192	10%	6.2	9%	0.5	3%	28.3	11%	4.1	5%	4.3	9%	0.43	7%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Baked Jacket Potato	1156	14%	272	14%	0.6	1%	0.3	1%	63.3	24%	3.9	4%	5.9	12%	0.02	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Onion Rings	1301	15%	311	16%	18.6	27%	6.0	30%	30.0	12%	4.1	5%	3.8	8%	0.80	13%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Sweet Potato Fries	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	1.5	3%	0.15	3%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Fries	2286	27%	546	27%	0.0	0%	3.0	15%	61.5	24%	1.5	2%	6.0	12%	1.05	18%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Chips	3638	43%	869	43%	67.2	96%	16.8	84%	57.6	22%	2.4	3%	4.8	10%	0.21	4%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Classic Salad	206	2%	49	2%	1.0	1%	0.2	1%	7.2	3%	5.0	6%	1.5	3%	0.20	3%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Pink Star Coleslaw	419	5%	100	5%	7.0	10%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS MIX IT UP (Ve) - Please select your options from the list below	1647	20%	394	20%	16.5	24%	1.5	8%	50.8	20%	8.8	10%	5.6	11%	3.75	63%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Piri Piri Hot Sauce	200	2%	48	2%	1.0	1%	0.0	0%	6.0	2%	4.0	4%	1.0	2%	3.00	50%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Caribbean Dressing	1255	15%	300	15%	25.0	36%	2.0	10%	18.0	7%	17.0	19%	0.0	0%	1.00	17%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.93	15%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Sweet Chilli Sauce	686	8%	164	8%	0.0	0%	0.0	0%	41.0	16%	31.0	34%	1.0	2%	1.00	17%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Corn Cobs Mini	164	2%	39	2%	1.0	1%	0.1	0%	4.2	2%	1.1	1%	1.9	4%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Mexican Rice	803	10%	192	10%	6.2	9%	0.5	3%	28.3	11%	4.1	5%	4.3	9%	0.43	7%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Baked Jacket Potato	1156	14%	272	14%	0.6	1%	0.3	1%	63.3	24%	3.9	4%	5.9	12%	0.02	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Classic Salad	206	2%	49	2%	1.0	1%	0.2	1%	7.2	3%	5.0	6%	1.5	3%	0.20	3%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Corn Cobs Mini	164	2%	39	2%	1.0	1%	0.1	0%	4.2	2%	1.1	1%	1.9	4%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Mexican Rice	803	10%	192	10%	6.2	9%	0.5	3%	28.3	11%	4.1	5%	4.3	9%	0.43	7%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Baked Jacket Potato	1156	14%	272	14%	0.6	1%	0.3	1%	63.3	24%	3.9	4%	5.9	12%	0.02	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Classic Salad	206	2%	49	2%	1.0	1%	0.2	1%	7.2	3%	5.0	6%	1.5	3%	0.20	3%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS - Full Monty Mixed Grill	9102	108%	2174	109%	133.4	191%	39.6	198%	111.9	43%	19.8	22%	115.6	231%	7.05	118%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS - Southern Fried Steak Sandwich	10338	123%	2467	123%	106.3	152%	24.8	124%	213.9	82%	27.9	31%	66.9	134%	5.99	100%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS - Halloumi Sandwich (v)	11973	143%	2866	143%	156.3	223%	73.1	365%	183.3	70%	31.3	35%	96.7	193%	14.51	242%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS - Burger Sizzler Combo	11926	142%	2849	142%	161.6	231%	66.9	335%	136.3	52%	36.7	41%	117.9	236%	8.43	141%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	BPS - Chip Shop Platter, please select your bread and side options listed below	10992	131%	2631	132%	185.2	265%	57.6	288%	154.0	59%	14.6	16%	74.7	149%	6.57	110%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	White Bloomer Bread	538	6%	129	6%	1.2	2%	0.4	2%	24.3	9%	0.2	0%	4.4	9%	0.47	8%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Malted Bloomer Bread	544	6%	130	7%	0.9	1%	0.3	2%	24.2	9%	0.5	1%	5.4	11%	0.48	8%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Big Plate Super Specials	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Burgers	Classic Beef Burger	5816	69%	1390	69%	58.6	84%	27.4	137%	109.2	42%	19.9	22%	36.0	72%	4.06	68%
Hungry Horse SS19 Main Menu	Burgers	Double Classic Beef Burger	8284	99%	1980	99%	112.3	160%	50.9	254%	113.6	44%	19.9	22%	58.1	116%	5.51	92%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Burgers	Cheese Beef Burger	5979	71%	1429	71%	61.8	88%	29.6	148%	109.5	42%	20.2	22%	38.3	77%	4.48	75%
Hungry Horse SS19 Main Menu	Burgers	Double Cheese Beef Burger	8450	101%	2019	101%	115.6	165%	53.0	265%	113.9	44%	20.2	22%	60.4	121%	5.93	99%
Hungry Horse SS19 Main Menu	Burgers	Bacon & Cheese Beef Burger	6257	74%	1495	75%	67.7	97%	31.8	159%	109.5	42%	20.2	22%	41.6	83%	5.13	86%
Hungry Horse SS19 Main Menu	Burgers	Double Bacon & Cheese Beef Burger	8725	104%	2085	104%	121.4	173%	55.2	276%	113.9	44%	20.2	22%	63.7	127%	6.58	110%
Hungry Horse SS19 Main Menu	Burgers	Southern Fried Chicken Burger	4857	58%	1160	58%	23.9	34%	7.1	36%	128.5	49%	19.9	22%	37.5	75%	4.43	74%
Hungry Horse SS19 Main Menu	Burgers	Double Southern Fried Chicken Burger	6367	76%	1521	76%	43.0	61%	10.2	51%	152.3	59%	19.9	22%	61.0	122%	6.24	104%
Hungry Horse SS19 Main Menu	Burgers	Smokin' Jack Burger	7636	91%	1824	91%	91.5	131%	36.8	184%	130.5	50%	38.5	43%	48.4	97%	6.30	105%
Hungry Horse SS19 Main Menu	Burgers	Asian Burger (Ve)	3947	47%	944	47%	33.3	48%	5.2	26%	142.8	55%	45.0	50%	19.7	39%	4.30	72%
Hungry Horse SS19 Main Menu	Burgers	Double Asian Burger (Ve)	4914	58%	1174	59%	40.8	58%	5.8	29%	176.2	68%	52.7	59%	27.0	54%	5.47	91%
Hungry Horse SS19 Main Menu	Burgers	Fillet of Fish Burger	5003	60%	1196	60%	35.6	51%	6.8	34%	126.4	49%	21.7	24%	25.7	51%	3.46	58%
Hungry Horse SS19 Main Menu	Burgers	Double Fillet of Fish Burger	6054	72%	1448	72%	51.0	73%	8.6	43%	146.9	56%	22.8	25%	37.1	74%	3.92	65%
Hungry Horse SS19 Main Menu	Burgers	Quadzilla Burger	13872	165%	3315	166%	170.2	243%	80.3	401%	186.3	72%	29.9	33%	120.0	240%	12.34	206%
Hungry Horse SS19 Main Menu	Burgers	Sunny Stacker Burger	7004	83%	1674	84%	82.7	118%	35.9	180%	108.9	42%	19.6	22%	51.1	102%	6.03	101%
Hungry Horse SS19 Main Menu	Burgers	Double Sunny Stacker Burger	9472	113%	2264	113%	136.4	195%	59.4	297%	113.3	44%	19.6	22%	73.2	146%	7.48	125%
Hungry Horse SS19 Main Menu	Burgers	Route 66 Burger	8196	98%	1957	98%	90.1	129%	40.0	200%	162.4	62%	29.7	33%	54.8	110%	7.08	118%
Hungry Horse SS19 Main Menu	Burgers	Double Daddy Burger	11874	141%	2838	142%	172.6	247%	73.0	365%	156.3	60%	33.0	37%	89.5	179%	10.25	171%
Hungry Horse SS19 Main Menu	Classics	Full English Breakfast	3494	42%	835	42%	50.5	72%	21.6	108%	59.2	23%	6.6	7%	29.0	58%	4.72	79%
Hungry Horse SS19 Main Menu	Classics	Pork Sausages & Mash	3523	42%	841	42%	49.2	70%	22.4	112%	67.4	26%	13.3	15%	31.4	63%	4.35	73%
Hungry Horse SS19 Main Menu	Classics	Quorn Sausages & Mash (v)	2263	27%	540	27%	16.6	24%	6.5	32%	65.8	25%	12.3	14%	28.5	57%	2.93	49%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Classics	Macaroni Cheese (v)	3160	38%	755	38%	32.1	46%	15.9	80%	86.7	33%	6.5	7%	32.8	66%	4.86	81%
Hungry Horse SS19 Main Menu	Classics	Chicken & Roasted Mushroom Pie - please select your side option listed below	3662	44%	874	44%	45.4	65%	17.4	87%	82.0	32%	8.6	10%	34.4	69%	2.34	39%
Hungry Horse SS19 Main Menu	Classics	Homestyle Mash	1042	12%	249	12%	5.6	8%	5.6	28%	42.0	16%	5.6	6%	5.6	11%	1.40	23%
Hungry Horse SS19 Main Menu	Classics	Chips	2653	32%	634	32%	49.0	70%	12.3	61%	42.0	16%	1.8	2%	3.5	7%	0.16	3%
Hungry Horse SS19 Main Menu	Classics	5oz Grilled Gammon	4179	50%	998	50%	64.2	92%	16.1	81%	57.2	22%	12.6	14%	44.8	90%	2.56	43%
Hungry Horse SS19 Main Menu	Classics	Roast Beef Yorkie Burrito	6150	73%	1470	73%	75.6	108%	17.1	85%	128.1	49%	9.5	11%	64.6	129%	3.12	52%
Hungry Horse SS19 Main Menu	Classics	Hand-Battered Fish & Chips - please select your side option listed below	6489	77%	1553	78%	107.3	153%	38.9	195%	83.6	32%	7.9	9%	52.9	106%	1.52	25%
Hungry Horse SS19 Main Menu	Classics	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Side Salad Garnish	30	0%	7	0%	0.3	0%	0.1	0%	0.8	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse SS19 Main Menu	Classics	Beef & Ale Pie - please select your side option listed below	4466	53%	1066	53%	60.9	87%	24.0	120%	102.4	39%	13.1	15%	31.0	62%	3.33	56%
Hungry Horse SS19 Main Menu	Classics	Homestyle Mash	1042	12%	249	12%	5.6	8%	5.6	28%	42.0	16%	5.6	6%	5.6	11%	1.40	23%
Hungry Horse SS19 Main Menu	Classics	Chips	2653	32%	634	32%	49.0	70%	12.3	61%	42.0	16%	1.8	2%	3.5	7%	0.16	3%
Hungry Horse SS19 Main Menu	Classics	Chicken Tikka Masala Curry	3408	41%	814	41%	26.4	38%	8.6	43%	100.7	39%	40.1	45%	41.1	82%	4.15	69%
Hungry Horse SS19 Main Menu	Classics	Chickpea and Sweet Potato Curry (ve)	2911	35%	696	35%	17.6	25%	1.9	9%	113.9	44%	38.6	43%	18.0	36%	4.31	72%
Hungry Horse SS19 Main Menu	Classics	Vegan Fish-Free Fillets & Chips (ve) - please select your side option listed below	2913	35%	696	35%	46.0	66%	9.8	49%	60.9	23%	3.2	4%	6.4	13%	2.50	42%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Classics	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Side Salad Garnish	30	0%	7	0%	0.3	0%	0.1	0%	0.8	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse SS19 Main Menu	Classics	Classic Beef Lasagne	2875	34%	687	34%	28.7	41%	13.0	65%	49.4	19%	8.9	10%	29.7	59%	4.47	75%
Hungry Horse SS19 Main Menu	Classics	Classic Chicken New Yorker	4891	58%	1167	58%	21.7	31%	12.4	62%	108.7	42%	25.5	28%	62.1	124%	3.73	62%
Hungry Horse SS19 Main Menu	Classics	Breaded Wholetail Scampi - please select your side option listed below	4833	58%	1156	58%	79.5	114%	14.6	73%	86.0	33%	5.7	6%	18.8	38%	2.27	38%
Hungry Horse SS19 Main Menu	Classics	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Side Salad Garnish	30	0%	7	0%	0.3	0%	0.1	0%	0.8	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse SS19 Main Menu	Classics	Battered Halloumi & Chips (v) - please select your side option listed below	6694	80%	1605	80%	121.9	174%	63.7	318%	47.3	18%	7.0	8%	67.4	135%	9.30	155%
Hungry Horse SS19 Main Menu	Classics	Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Mushy Peas	501	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.00	0%
Hungry Horse SS19 Main Menu	Classics	Side Salad Garnish	30	0%	7	0%	0.3	0%	0.1	0%	0.8	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse SS19 Main Menu	Grills	Mini Mixed Grill - please select your side option listed below	6381	76%	1525	76%	93.4	133%	28.3	141%	71.8	28%	15.2	17%	95.7	191%	4.98	83%
Hungry Horse SS19 Main Menu	Grills	Pineapple Slices In Syrup	60	1%	14	1%	0.0	0%	0.0	0%	3.7	1%	3.7	4%	0.1	0%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Grills	Fried Egg	489	6%	118	6%	9.2	13%	2.0	10%	0.0	0%	0.0	0%	6.3	13%	0.25	4%
Hungry Horse SS19 Main Menu	Grills	4oz Rump Steak	4347	52%	1037	52%	67.1	96%	17.6	88%	69.4	27%	10.9	12%	27.3	55%	1.88	31%
Hungry Horse SS19 Main Menu	Grills	8oz Rump Steak	4958	59%	1182	59%	72.0	103%	19.6	98%	69.4	27%	10.9	12%	42.8	86%	2.04	34%
Hungry Horse SS19 Main Menu	Extras	Extra Parmigiana Sauce	144	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%
Hungry Horse SS19 Main Menu	Extras	Extra 12oz Rump	1829	22%	435	22%	14.5	21%	6.1	31%	0.0	0%	0.0	0%	46.4	93%	0.47	8%
Hungry Horse SS19 Main Menu	Extras	Extra 1/2 Baguette and Butter	812	10%	194	10%	3.9	6%	2.3	12%	33.5	13%	2.0	2%	5.6	11%	0.63	11%
Hungry Horse SS19 Main Menu	Extras	Extra Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.51	9%
Hungry Horse SS19 Main Menu	Extras	Extra Beef Burger	2468	29%	590	29%	53.7	77%	23.5	117%	4.4	2%	0.0	0%	22.1	44%	1.45	24%
Hungry Horse SS19 Main Menu	Extras	Extra Bhajis	2255	27%	541	27%	37.2	53%	3.3	17%	39.0	15%	13.6	15%	10.4	21%	1.57	26%
Hungry Horse SS19 Main Menu	Extras	Extra Bubblegum Ice Cream	502	6%	120	6%	6.4	9%	4.0	20%	13.7	5%	11.6	13%	1.7	3%	0.12	2%
Hungry Horse SS19 Main Menu	Extras	Extra Butter	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Hungry Horse SS19 Main Menu	Extras	Extra Chicken Breast	747	9%	179	9%	0.7	1%	1.0	5%	4.6	2%	0.9	1%	38.4	77%	0.85	14%
Hungry Horse SS19 Main Menu	Extras	Extra Chicken Burger	1114	13%	266	13%	0.0	0%	2.3	12%	16.3	6%	0.9	1%	16.8	34%	0.70	12%
Hungry Horse SS19 Main Menu	Extras	Extra Chicken Skewer Plain	790	9%	189	9%	4.2	6%	0.8	4%	5.9	2%	3.4	4%	32.0	64%	1.88	31%
Hungry Horse SS19 Main Menu	Extras	Extra Chicken Skewer Southern Fried	1230	15%	294	15%	15.5	22%	2.6	13%	19.4	7%	0.0	0%	26.5	53%	1.47	25%
Hungry Horse SS19 Main Menu	Extras	Extra Chocolate Ice Cream	416	5%	99	5%	3.6	5%	1.9	9%	13.6	5%	13.4	15%	2.6	5%	0.09	2%
Hungry Horse SS19 Main Menu	Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Hungry Horse SS19 Main Menu	Extras	Extra Custard	372	4%	89	4%	1.0	1%	1.0	5%	16.0	6%	12.0	13%	3.0	6%	0.20	3%
Hungry Horse SS19 Main Menu	Extras	Extra Hoi Sin Burger (Vg)	778	9%	186	9%	2.6	4%	0.3	2%	33.5	13%	7.7	9%	7.4	15%	1.17	20%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Extras	Extra Fried Egg	489	6%	118	6%	9.2	13%	2.0	10%	0.0	0%	0.0	0%	6.3	13%	0.25	4%
Hungry Horse SS19 Main Menu	Extras	Extra Grated Cheese	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Hungry Horse SS19 Main Menu	Extras	Extra Gravy	6	0%	2	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.10	2%
Hungry Horse SS19 Main Menu	Extras	Extra Halloumi	3347	40%	800	40%	60.0	86%	36.3	181%	6.5	3%	6.5	7%	57.5	115%	6.50	108%
Hungry Horse SS19 Main Menu	Extras	Extra Mash	1043	12%	249	12%	5.6	8%	5.6	28%	42.0	16%	5.6	6%	5.6	11%	1.40	23%
Hungry Horse SS19 Main Menu	Extras	Extra Muddy Mayo	1190	14%	285	14%	30.5	44%	2.0	10%	1.5	1%	1.0	1%	0.5	1%	0.75	13%
Hungry Horse SS19 Main Menu	Extras	Extra Mushrooms	238	3%	57	3%	5.0	7%	4.5	23%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Hungry Horse SS19 Main Menu	Extras	Extra Mushy Peas	502	6%	120	6%	0.0	0%	0.0	0%	20.0	8%	6.3	7%	7.5	15%	0.63	11%
Hungry Horse SS19 Main Menu	Extras	Extra Naan	721	9%	172	9%	3.0	4%	0.2	1%	30.5	12%	1.8	2%	4.6	9%	0.64	11%
Hungry Horse SS19 Main Menu	Extras	Extra Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Hungry Horse SS19 Main Menu	Extras	Extra Piri Piri	100	1%	24	1%	0.5	1%	0.0	0%	3.0	1%	2.0	2%	0.5	1%	1.50	25%
Hungry Horse SS19 Main Menu	Extras	Extra Poppadom & Chutney	794	9%	190	9%	0.2	0%	0.1	0%	41.7	16%	28.3	31%	5.5	11%	2.60	43%
Hungry Horse SS19 Main Menu	Extras	Extra Quorn Sausage	320	4%	76	4%	3.4	5%	0.3	1%	4.8	2%	0.5	1%	5.7	11%	0.48	8%
Hungry Horse SS19 Main Menu	Extras	Extra Roast Potatoes	1418	17%	335	17%	11.3	16%	0.0	0%	58.5	23%	2.3	3%	6.8	14%	0.00	0%
Hungry Horse SS19 Main Menu	Extras	Extra Sausage	1455	17%	348	17%	28.5	41%	11.2	56%	10.0	4%	1.7	2%	12.5	25%	1.57	26%
Hungry Horse SS19 Main Menu	Extras	Extra Sour Cream	431	5%	103	5%	10.0	14%	6.5	33%	2.0	1%	2.0	2%	1.5	3%	0.00	0%
Hungry Horse SS19 Main Menu	Extras	Extra Streaky Bacon	275	3%	66	3%	5.8	8%	2.2	11%	0.0	0%	0.0	0%	3.3	7%	0.65	11%
Hungry Horse SS19 Main Menu	Extras	Extra Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse SS19 Main Menu	Extras	Extra Tomato	33	0%	8	0%	0.1	0%	0.0	0%	1.2	0%	1.2	1%	0.3	1%	0.01	0%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Extras	Extra Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.2	5%	13.2	15%	2.7	5%	0.11	2%
Hungry Horse SS19 Main Menu	Extras	Extra Yorkshire Pudding	417	5%	100	5%	3.2	5%	0.3	1%	13.7	5%	0.9	1%	3.6	7%	0.27	5%
Hungry Horse SS19 Main Menu	Sides	Brown Bread and Butter (v)	1331	16%	318	16%	8.2	12%	4.9	24%	48.4	19%	1.1	1%	10.8	22%	1.12	19%
Hungry Horse SS19 Main Menu	Sides	White Bread & Butter (v)	1318	16%	315	16%	8.9	13%	5.0	25%	48.6	19%	0.4	0%	8.8	18%	1.10	18%
Hungry Horse SS19 Main Menu	Sides	Baked Jacket Potato (ve)	1156	14%	272	14%	0.6	1%	0.3	1%	63.3	24%	3.9	4%	5.9	12%	0.03	1%
Hungry Horse SS19 Main Menu	Sides	Sweet Potato Fries (v)	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	1.5	3%	0.15	3%
Hungry Horse SS19 Main Menu	Sides	Coleslaw (v)	314	4%	75	4%	5.3	8%	0.8	4%	6.0	2%	5.3	6%	0.8	2%	0.38	6%
Hungry Horse SS19 Main Menu	Sides	Corn on the Cob (v)	302	4%	72	4%	4.7	7%	0.6	3%	4.2	2%	1.1	1%	1.9	4%	0.03	1%
Hungry Horse SS19 Main Menu	Sides	Fries (v)	2286	27%	546	27%	0.0	0%	3.0	15%	61.5	24%	1.5	2%	6.0	12%	1.05	18%
Hungry Horse SS19 Main Menu	Sides	Chips (v)	2655	32%	634	32%	49.0	70%	12.3	61%	42.0	16%	1.8	2%	3.5	7%	0.16	3%
Hungry Horse SS19 Main Menu	Sides	5 Onion Rings (v)	1634	19%	392	20%	27.0	39%	2.4	12%	28.3	11%	9.9	11%	4.8	10%	1.14	19%
Hungry Horse SS19 Main Menu	Sides	Dressed Side Salad (ve)	138	2%	33	2%	0.7	1%	0.1	1%	4.7	2%	3.2	4%	0.9	2%	0.13	2%
Hungry Horse SS19 Main Menu	Sides	Mac 'n' Cheese (v)	1176	14%	281	14%	11.8	17%	6.4	32%	32.2	12%	2.0	2%	13.9	28%	2.01	34%
Hungry Horse SS19 Main Menu	Sides	Cheesy Chips (v)	3339	40%	798	40%	61.5	88%	20.3	101%	42.5	16%	1.8	2%	16.5	33%	0.80	13%
Hungry Horse SS19 Main Menu	Sides	Dirty Fries - Mac Cheese Topper (v)	3257	39%	778	39%	8.0	11%	7.0	35%	93.5	36%	3.5	4%	16.0	32%	2.82	47%
Hungry Horse SS19 Main Menu	Sides	Dirty Fries - Mac and Bacon Topper	3807	45%	910	45%	19.7	28%	11.4	57%	93.5	36%	3.5	4%	22.7	45%	4.12	69%
Hungry Horse SS19 Main Menu	Sides	Dirty Fries - Pizza Topper	2892	34%	691	35%	10.2	15%	8.2	41%	65.4	25%	4.5	5%	15.1	30%	2.20	37%
Hungry Horse SS19 Main Menu	Sides	Dirty Fries - Nacho Cheesy Bacon	3150	37%	752	38%	16.4	23%	10.2	51%	66.2	25%	3.3	4%	15.9	32%	2.94	49%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	Peppercorn Sauce	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	BBQ Sauce with Jack Daniel's	611	7%	146	7%	0.0	0%	0.0	0%	33.0	13%	30.0	33%	1.0	2%	1.10	18%
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	Lemon and Garlic Sauce	668	8%	160	8%	15.5	22%	4.7	24%	3.5	1%	1.6	2%	1.4	3%	0.94	16%
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	Steak Topper - New Yorker	737	9%	176	9%	10.8	15%	5.4	27%	8.7	3%	7.5	8%	9.0	18%	1.20	20%
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	Steak Topper - Hot	289	3%	69	3%	1.0	1%	0.0	0%	9.6	4%	6.4	7%	1.6	3%	4.44	74%
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	Steak Topper - Surf	719	9%	172	9%	9.2	13%	0.7	4%	15.7	6%	0.5	1%	5.9	12%	0.91	15%
Hungry Horse SS19 Main Menu	Steak Toppers & Sauces	Steak Topper - Sunny	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.6	25%	0.51	9%
Hungry Horse SS19 Main Menu	Upsells	Trade Up Dirty Fries - Mac Cheese Topper	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Hungry Horse SS19 Main Menu	Upsells	Trade Up Dirty Fries - Mac and Bacon Topper	1521	18%	364	18%	19.7	28%	8.4	42%	32.0	12%	2.0	2%	16.7	33%	3.07	51%
Hungry Horse SS19 Main Menu	Upsells	Trade Up Dirty Fries - Pizza Topper	606	7%	145	7%	10.2	15%	5.2	26%	3.9	1%	3.0	3%	9.1	18%	1.15	19%
Hungry Horse SS19 Main Menu	Upsells	Trade Up Dirty Fries - Nacho Cheesy Bacon	864	10%	206	10%	16.4	23%	7.2	36%	4.7	2%	1.8	2%	9.9	20%	1.89	32%
Hungry Horse SS19 Main Menu	Kids Sunday Roasts	Kids Sunday Roast Beef	2192	26%	522	26%	15.0	21%	4.1	20%	57.8	22%	10.2	11%	41.4	83%	1.43	24%
Hungry Horse SS19 Main Menu	Kids Sunday Roasts	Kids Sunday Roasted Chicken Breast	2129	25%	507	25%	10.5	15%	2.6	13%	70.1	27%	11.4	13%	34.3	69%	2.14	36%
Hungry Horse SS19 Main Menu	Kids Sunday Roasts	Kids Sunday Red Cabbage, Apple & Brie Roulade (v)	2879	34%	686	34%	30.2	43%	14.0	70%	81.3	31%	15.4	17%	22.5	45%	1.18	20%
Hungry Horse SS19 Main Menu	Sunday Roasts	Sunday Hand-carved Roast Beef	4061	48%	966	48%	32.7	47%	7.2	36%	106.7	41%	21.5	24%	66.5	133%	2.90	48%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse SS19 Main Menu	Sunday Roasts	Sunday Roast Chicken Fillets	3630	43%	863	43%	17.3	25%	4.4	22%	117.3	45%	20.6	23%	63.6	127%	3.24	54%
Hungry Horse SS19 Main Menu	Sunday Roasts	Sunday Red Cabbage, Apple & Brie Roulade (v)	3988	47%	949	47%	36.6	52%	15.4	77%	125.7	48%	24.2	27%	32.1	64%	1.61	27%
Hungry Horse SS19 Main Menu	BPS Sunday Roasts	BPS Sunday Hand-carved Roast Beef	6697	80%	1595	80%	47.1	67%	10.0	50%	188.0	72%	28.0	31%	110.3	221%	4.38	73%
Hungry Horse SS19 Main Menu	BPS Sunday Roasts	BPS Sunday Roasted Chicken Fillets	6024	72%	1434	72%	26.5	38%	5.4	27%	201.9	78%	27.5	31%	99.5	199%	5.26	88%
Hungry Horse SS19 Main Menu	BPS Sunday Roasts	BPS Sunday Red Cabbage, Apple & Brie Roulade (v)	7337	87%	1748	87%	66.2	95%	28.2	141%	231.0	89%	36.0	40%	57.5	115%	3.19	53%
Hungry Horse SS19 Main Menu	Puddings	Trifle-Tastic Sundae (v)	1724	21%	412	21%	11.1	16%	7.2	36%	71.6	28%	64.5	72%	6.4	13%	0.28	5%
Hungry Horse SS19 Main Menu	Puddings	Candymania Sundae	3928	47%	939	47%	42.0	60%	24.3	121%	124.4	48%	104.4	116%	14.5	29%	0.79	13%
Hungry Horse SS19 Main Menu	Puddings	The Ultimate BIG Candymania	8593	102%	2054	103%	92.7	132%	53.5	267%	267.6	103%	229.2	255%	34.0	68%	1.76	29%
Hungry Horse SS19 Main Menu	Puddings	Unicom Ice Cream Sandwich	3018	36%	721	36%	24.0	34%	8.1	40%	115.1	44%	83.6	93%	9.1	18%	0.98	16%
Hungry Horse SS19 Main Menu	Puddings	Warm Chocolate Fudge Cake (v)	3764	45%	900	45%	41.6	59%	15.8	79%	113.7	44%	97.1	108%	14.4	29%	1.17	20%
Hungry Horse SS19 Main Menu	Puddings	Millionaires Cheesecake (v)	2461	29%	588	29%	30.0	43%	19.0	95%	70.1	27%	49.8	55%	7.8	16%	0.51	9%
Hungry Horse SS19 Main Menu	Puddings	Gin & Berry Cheesecake (Ve)	1924	23%	460	23%	19.6	28%	9.6	48%	46.7	18%	26.2	29%	3.0	6%	0.45	8%
Hungry Horse SS19 Main Menu	Puddings	Apple Crumble (v)	2943	35%	703	35%	21.7	31%	8.9	45%	114.9	44%	70.5	78%	9.3	19%	0.49	8%
Hungry Horse SS19 Main Menu	Puddings	Syrup Sponge Pudding (v)	2780	33%	665	33%	18.5	26%	6.6	33%	113.0	43%	85.1	95%	10.1	20%	1.05	18%