



NUTRITION SURVIVAL GUIDE TO

BEEFEATER

CALORIES AND MACRONUTRIENTS

2021

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1-200 CAL

BEEFEATER SPRING

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Beef Popcorn	55	1.6	8.2	-	0.2	1.2	0.0

201-300 CAL

SHARERS

Garlic Stone-baked Flatbread Strips	1159	26.9	134.6	-	6.9	55.2	2.3
Trash Can Nachos	1157	30.4	104.4	-	18.4	67.2	3.9
- With Spiced Pulled Beef	1254	41.6	106.8	-	19.6	71.7	4.5
- With Green Lentil & Soya Sloppy Joe	1264	36.4	119.4	-	26.3	68.8	4.7
Beefeater Premium Sharing Platter	1363	72.9	116.5	-	43.6	65.3	6.7
Starters	0	0.0	0.0	0.0	0.0	0.0	0.0
Loaded Potato Dippers	546	25.4	35.3	-	2.7	33.8	1.9
Salt & Pepper Calamari	535	15.8	28.4	-	1.8	39.5	4.7
Soup Of The Day	276	7.2	43.5	-	1.3	6.8	1.4
Buttermilk Chicken Goujons	465	23.7	35.0	-	7.6	25.2	2.6
Crispy Chicken Wings	364	37.2	11.5	-	7.6	18.8	1.7
- With Add 3 Wings	561	59.4	13.1	-	7.7	30.1	2.5
Smoked Scottish Salmon	346	21.1	34.5	-	4.4	13.3	4.0
Classic Prawn Cocktail	420	20.9	36.6	-	10.2	20.6	2.2
Cauliflower Popcorn	289	4.5	39.2	-	11.4	12.3	1.3
Crispy Flat Cap Mushrooms	499	7.1	43.3	-	9.0	33.8	2.2

301-400 CAL

401-500 CAL

501+ CAL

SUCCULENT STEAKS

8Oz Rump With Salad	478	53.1	11.1	-	7.8	25.1	2.6
- With Chips	823	58.0	55.8	-	8.7	40.3	3.3
8Oz Fillet With Salad	514	50.4	11.5	-	8.0	28.7	2.1
- With Chips	859	55.3	56.2	-	8.9	43.9	2.8
8Oz Sirloin With Salad	491	49.3	11.1	-	7.7	27.0	2.3
- With Chips	836	54.2	55.8	-	8.6	42.2	3.0
12Oz Ribeye With Salad	776	77.8	13.8	-	10.4	44.7	2.4
- With Chips	1121	82.7	58.5	-	0.9	59.9	3.1
12Oz Fillet With Salad	972	83.0	33.3	-	14.3	54.5	3.6
- With Chips	1317	87.9	78.0	-	15.2	69.7	4.3
16Oz T Bone With Chips	1667	93.0	70.6	-	9.0	109.5	4.5
- With Chips	2012	97.9	115.3	-	9.9	124.7	5.2

STEAK SAUCE & TOPPERS

Garlic King Prawns	145	11.4	0.8	-	0.6	10.7	0.7
Stroganoff Sauce	69	1.3	3.2	-	1.4	5.5	0.7
Creamy Peppercorn Sauce	29	1.5	4.1	-	2.2	0.7	0.7
Beer & Beef Dripping Sauce	57	1.4	5.6	-	1.3	3.2	0.6
Bearnaise	141	0.8	2.9	-	0.6	13.8	0.6

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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FLAVOURSOME GRILLS

Beefeater Mixed Grill With Chips	1345	124.0	62.8	-	5.7	64.8	8.7
- Upgrade To Full 8Oz Rump	2840	272.4	125.7	-	11.6	136.0	17.8
- Upgrade To Sirloin	2852	268.5	125.7	-	11.5	137.9	17.5
British Lamb Chops With Chips	935	46.8	54.2	-	6.9	57.3	3.2
Half Rack Of Bbq Ribs With Skinny Fries	983	39.2	98.3	-	9.8	46.3	4.8
- With Half Rack Of Ribs	1392	70.9	120.0	-	17.6	67.7	6.6
Surf & Turf Combo With Chips	1097	72.1	62.3	-	3.7	50.9	4.8
Bbq Chicken & Ribs With Fries	1041	71.7	81.3	-	28.8	45.9	5.2
- With Half Rack Of Ribs	1450	103.4	103.0	-	47.6	67.3	7.0
Trio Of Fish Fillets	611	51.6	28.9	-	9.3	31.7	9.6
Best Ever Mixed Grill With Chips	1784	119.4	105.5	-	20.0	96.1	7.2
- Upgrade To 8Oz Sirloin	3724	261.2	211.1	-	40.1	199.6	14.6

JUICY BURGERS SHOWN WITH CHIPS

Double Bacon & Cheese Beef Steak Bgr	1408	67.3	95.0	-	15.1	82.4	5.8
Sloppy Joe Burger	1065	36.5	103.3	-	16.8	53.4	2.9
Grilled Chicken, Bacon & Avocado Bgr	1162	54.7	106.1	-	20.4	54.6	5.4
Double Short Rib & Maple Glazed Bacon Burger	1384	57.4	104.0	-	20.4	79.8	7.0

HOUSE FAVOURITES

Grilled Gammon Steak With Chips	1007	57.3	63.5	-	16.3	57.1	7.4
Luxury Beef & Pancetta Lasagne	982	52.1	77.0	-	17.7	50.9	3.5
Beef & Doom Bar Pie	1286	39.0	117.9	-	12.1	69.4	5.7
Mozz Filled Chick Wrapped In Pancetta With Chips	1017	74.4	54.6	-	8.5	54.1	2.7
Smothered Chicken Melt With Chips	809	51.3	62.4	-	15.6	37.6	4.2
Doom Bar Battered Haddock & Chips	963	46.4	84.5	-	6.0	47.9	3.8

SIDES

Triple Cooked Chips	343	4.8	44.5	-	0.7	15.2	0.6
Sweet Potato Fries	290	1.1	35.7	-	12.7	15.0	0.7
Skinny Fries	328	4.7	46.1	-	0.1	13.2	1.5
Halloumi Fries	548	28.1	10.5	-	7.1	43.5	3.5
Seaside Potatoes	433	3.7	31.1	-	1.3	32.3	0.9
Mixed Side Salad	70	1.9	7.7	-	6.6	3.1	0.2
Veg Medley	112	6.9	7.2	-	4.2	5.2	0.4
Crispy Beer Battered Onion Rings	280	3.8	31.3	-	4.2	15.0	0.7
Rocket & Parmesan Salad	145	4.3	3.3	-	2.3	12.6	0.3
Chunky Slaw	172	2.0	10.1	-	7.4	13.1	1.1

TASTY ALTERNATIVES

Chilli Non Carne	882	26.4	101.4	-	27.5	36.6	2.5
Caesar Salad With Chicken Goujons	700	32.3	42.3	-	4.6	44.0	2.9
Caesar Salad With Chicken	485	42.8	17.5	-	4.0	26.5	2.5
Spinach & Ricotta Cannelloni Only	915	27.8	79.6	-	16.1	53.2	2.5

1-200 CAL

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401-500 CAL

501+ CAL

PUDS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bramley Apple & Blackberry Crumble	609	8.2	105.3	-	70.0	15.8	0.2
Sticky Toffee Pudding	754	8.8	94.1	-	66.7	37.7	0.6
Meringue Kisses	517	4.0	52.6	-	50.8	32.2	0.2
Chocolate & Hazelnut Dome	517	5.2	41.7	-	39.0	35.9	0.2
Chocolate Torte	470	4.3	52.0	-	34.0	26.7	0.5
Melting Chocolate Bomb	798	10.0	122.4	-	94.2	27.6	0.9
Strawberries & Ice Cream	138	3.6	16.9	-	15.9	5.2	0.1
Triple Chocolate Brownie	648	9.0	94.7	-	74.1	23.9	0.4
Black Forest Sundae	587	9.5	79.9	-	68.6	23.0	0.3
Churros Chocolate Sundae	724	12.0	97.9	-	53.5	29.3	0.6
Mini Chocolate Torte	216	2.1	21.3	-	13.6	13.3	0.2
Mini Lemon Drizzle Cake	133	1.8	19.0	-	11.4	5.5	0.3
Mini Meringue Kiss	164	1.2	16.9	-	16.4	10.2	0.1

MAINS

1/4Lb Beef Steak Burger With Fries	842	30.1	89.6	-	9.3	39.2	3.1
- With Burger Bacon & Cheese	1170	57.5	89.8	-	9.4	63.4	4.1
Grilled Paprika Chicken With Chips	578	45.3	53.0	-	6.1	18.8	2.3
Beer-battered Fish & Chips	890	39.9	70.8	-	7.6	47.8	2.2
Ultimate Haddock & Chips	1043	46.9	79.8	-	8.7	57.9	2.1
5Oz Gammon Steak With Egg	698	48.8	51.2	-	4.5	31.4	4.4
5Oz Gammon Steak With Pineapple	629	40.9	62.0	-	15.0	22.9	4.4
Double 5Oz Gammon Steak With Egg	897	81.6	51.3	-	4.7	38.7	8.1
Double 5Oz Gammon Steak With Pineapple	827	73.8	62.2	-	15.3	30.2	8.1
Half Rack Of Bbq Ribs With Skinny Fries	983	39.2	98.3	-	39.7	46.3	4.8
8Oz Rump Steak & Chips	645	53.5	44.9	-	1.2	28.1	2.5
Caesar Salad With Buttermilk Goujons	700	32.3	42.3	-	4.6	44.0	2.9
Caesar Salad With Chicken	485	42.8	17.5	-	4.0	26.5	2.5
Caesar Salad	330	10.1	17.3	-	3.5	24.0	1.4
Beef & Pancetta Lasagne Only	815	48.3	61.4	-	10.9	41.5	3.2
- With Salad	879	49.8	68.3	-	16.7	44.6	3.4
- With Chips	1160	53.2	106.1	-	11.8	386.5	3.9
Steak Sandwich With Fries	919	43.5	93.9	-	4.6	40.2	4.5
Open Chicken Sandwich With Fries	838	51.1	90.8	-	5.0	28.5	4.8
Spinach And Ricotta Cannelloni Only	836	26.0	73.1	-	16.8	48.1	2.5
- With Salad	900	27.5	80.0	-	22.6	51.2	2.7
- With Chips	1181	30.9	117.8	-	17.7	393.1	3.2
Chilli Non Carne	680	21.1	104.5	-	18.7	17.3	2.9
Sweet Potato Fries	290	1.1	35.7	-	12.7	15.0	0.7

PUDDING

Warm Chocolate Brownie	637	8.1	90.3	-	76.7	25.5	0.5
Caramel Apple Betty	443	4.4	46.4	-	27.1	26.0	0.2
Ice Cream	223	4.8	33.2	-	24.4	6.6	0.2

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SUNDAY

Slow Cooked Beef	1511	61.3	149.3	-	18.6	70.5	6.4
Half Chicken	1544	78.8	147.3	-	17.0	67.4	7.1
Rump Of Lamb	1478	83.8	147.3	-	17.0	57.8	7.0
Fake & Ale Pie	1591	36.5	195.5	-	24.1	69.3	5.0
Cauliflower Cheese	283	14.0	10.0	-	3.8	20.2	1.6
Kids Slow-cooked Beef	550	29.7	55.6	-	5.5	21.2	1.3
Kids Chicken Breast	544	46.2	54.7	-	5.1	13.5	2.4

BEEFEATER KIDS MENU - STARTERS

Veggie Sticks	25	1.6	3.9	-	3.7	0.2	0.0
Baked Garlic & Parsley Flatbread	204	6.2	33.3	-	2.3	4.8	0.7
Tortilla Chips	217	5.4	28.9	-	3.5	8.5	0.5

BEEFEATER KIDS MENU - BUILD YOUR OWN MAIN

Oven Baked Fish Bites & Chips	434	18.9	45.6	-	1.7	19.2	1.5
Mac 'n' Cheese	270	10.4	38.8	-	3.5	7.3	0.7
Ten Veg Tomato Pasta	258	7.6	44.7	-	7.9	5.3	0.6
Sausage And Mash	352	16.4	23.9	-	4.4	20.7	1.6
Veggie Sausage And Mash	320	15.7	28.6	-	2.4	14.1	1.9
Veggie Burger And Chips	290	7.1	44.6	-	1.5	8.3	0.9
Beef Burger And Chips	504	26.1	44.6	-	1.5	23.6	1.1
Steak & Chips	290	26.3	19.8	-	0.2	12.1	1.0
Margherita Pizza	475	20.1	69.3	-	5.9	12.7	2.0
Build Your Own Wraps	222	9.8	29.2	-	5.4	6.7	0.8
- With Veg Chilli	329	15.8	44.2	-	13.3	8.3	1.6
- With Chicken	299	26.2	29.3	-	5.6	7.9	1.4
Oven Baked Poppin' Chicken And Chi	282	12.4	28.9	-	0.1	12.7	1.0

BEEFEATER KIDS MENU - CHOOSE YOUR SIDES

Garden Peas	47	3.1	6.3	-	3.3	0.4	0.0
Baked Beans	41	2.5	6.7	-	2.7	0.1	0.3
Mini Corn On Cob	39	1.2	6.2	-	3.9	0.9	0.0
Veggie Sticks	21	0.6	3.8	-	3.6	0.2	0.0
Mixed Vegetables	58	2.6	9.1	-	3.0	0.8	0.0
Mini Jacket Potato	155	4.1	32.6	-	3.7	0.9	0.1
Mashed Potato	110	2.4	15.7	-	1.0	3.8	0.5
Chips	140	2.0	19.8	-	0.1	5.7	0.6

BEEFEATER KIDS MENU - DESSERTS

Ice Cream	181	5.5	23.7	-	17.2	6.3	0.2
Fruit Salad	50	0.6	10.8	-	10.8	0.1	0.0
Strawberry Frozen Yoghurt	95	2.6	19.2	-	12.2	0.8	0.1
Eton Mess Sundae	94	2.1	14.0	-	12.6	3.2	0.1
Pancake	272	4.3	48.5	-	28.8	6.2	0.4