



NUTRITION SURVIVAL GUIDE TO

# BILL'S

CALORIES AND MACRONUTRIENTS

2020

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BREAKFAST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Traditional Breakfast	993	47	42.1	2.6	5.6	73.7	6
Vegan Breakfast	601	13.4	43.2	7.9	5.7	41.8	2.1
Bill's Brunch	1308	57	86	7.9	12	80	7.2
Bills Garden Breakfast	1511	63	86	18	16	98	6.3
Bill's Garden Plate	1511	63	86	18	16	98	6.3
Garden Plate without hollandaise	909	35.2	66.9	12.3	13.5	55.2	5.2
Toast & Butter	458	10.8	66.7	1.7	3.7	17.8	2.2
Porridge	600	28.5	94.5	12.1	43.9	10.5	0.5
Yoghurt, Granola & Berries	307	8.5	38.6	5.3	29.5	12.3	0.5
Raspberry and Blueberry Smoothie Bowl	256	7.3	43	9.7	19	3.5	0
Pancakes-Banana, Strawberries Blueberries & Bill's Pancake Syrup 5 stack	820	19.5	145	6.5	66.8	18.6	3
Pancakes-Banana, Strawberries Blueberries and Bill's Pancake Syrup	548	12.3	100.3	4.9	52.5	11.3	1.8
Pancakes-Smoked Streaky Bacon and Bill's Pancake Syrup	844	28.7	83.7	2.4	37.7	44.9	5.3
Pancakes-Smoked Streaky Bacon and Bill's Pancake Syrup 5 stack	932	26.8	93.9	2.5	47.7	50.1	5.5
Smashed Avocado and Poached Eggs on Toast	426	8.9	35.6	0.9	2.6	28	1.3
Scrambled Eggs on Toast	502	28.2	33.4	0.9	1.9	29.2	1.9
Eggs Royale without hollandaise	310	20.1	34.9	2.3	1	9.9	2.5
Eggs Benedict without hollandaise	244	17.7	34.9	2.5	0.9	3.8	1.7
Eggs Avocado Florentine without hollandaise	456	10.7	37.2	2.4	1.5	29.4	1.1
Cumberland Sausage Bun	610	22.8	45.2	2.1	6.2	43	3.3
Bacon Bun	667	34.1	33.8	1.4	4.7	45.2	5.5
Fried Potatoes	304	3.9	40	3.9	3	14	1
Hollandaise only	224	0.6	2.3	0.5	0.6	23.5	0.5
Bacon portion only	242	16.9	0.3	0	0.3	19.4	2.7
Smoked Salmon portion only	143	11.2	0.1	0	0	10.9	0.1

## FOR THE TABLE (BASED ON 2 SHARING)

Giant Green Olives	80	0.6	0	0.1	0	8.2	2.1
Mini Cumberland Sausages	294	11	25.1	0.8	18.9	19.5	1.7
Roasted Garlic & Herb Bread	289	4	38.5	0.8	4.1	11.5	1.8
Bills Spiced Tortillas	299	4.4	26.7	2.5	2.5	19.8	1.1
Stone Baked Bread	264	3.8	38.3	0.7	4.1	8.6	1.2

## STARTERS

Truffalos	221	16	23	5.4	1.6	6	1.8
Tuna Tacos	427	17	31	6.8	3.9	24	3.5
Carrot, Cumin and Lentil Soup	453	14	51	5.8	9.2	20	5.1
Crumbed Halloumi Sticks without lime aioli	492	26.9	20.1	1.3	3.8	34.3	3.6
Crumbed Halloumi lime aioli only	255	0.9	1	0	0.6	27.7	0.3
Deville Chicken Skewers	424	44.5	22.3	1.1	19.2	17.1	3.5
Crispy Chicken & Sesame Dumplings	336	9.9	33.7	2.8	12.2	17.3	0.8
Crispy Calamari without lime mayonnaise	286	7.6	28.8	1.3	3.7	15.4	2.6
Crispy Calamari lime mayonnaise only	255	0.9	1	0	0.6	27.7	0.3

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## MEZZE (BASED ON 4 SHARING)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Veggie Sharing Plate	376	8.6	19.2	2.4	3.3	29.7	1.5
Bills Sharing Plate	429	15.2	33.2	2.6	5.6	26.3	1.6
Halloumi and Hummus Plate	398	12.2	23.2	2.8	1.6	28.5	3.3

## MAINS

Grilled Miso Salmon	1076	43	65	3.4	14	70	2
Soul Bowl	1242	28	131	22	14	62	2.1
Smashed Avocado, Feta and Poached Eggs	750	16.1	43.3	2.2	3	22.21	7
Bills Chicken Ceasar Salad	934	55	68	8	12	47	2.3
Chargrilled Chicken Ceasar Salad	873	63	15	4	11	61	1.6
Spiced Cauliflower and Butternut Squash Falafel Bowl	504	18.1	44.2	13.7	12.7	26.5	2.8
Add Mojo Chicken Skewers	226	32	0	0.5	0.5	11	0.8
Add Halloumi Sticks	321	0.5	2.3	0	2	34	1.7
Bills Fish Finger Sandwich	1127	32	115	7.7	5.8	58	3.6
Pan Fried Chicken with Wild Mushroom	705	55	31.5	8.2	5.2	38.4	2.2
Eggs Benedict without Hollandaise or Chips (see sides for chips)	244	17.6	34.9	2.4	0.9	3.8	1.7
Hollandaise only	224	0.6	2.3	0.5	0.6	23.5	0.5
Macaroni Cheese without Focaccia and Side Salad	965	38.1	100.6	3.7	15.6	45.6	4.8
Macaroni Cheese Focaccia only	130	2.8	19.6	0.8	0.4	4.9	2.7
Macaroni Cheese side salad only without dressing	84	1.3	1	0.4	0.8	8	0.1
Macaroni Cheese side salad dressing only	97	0.1	0.8	0	0.8	10	0.2
Crab Cakes	943	34	46	7	7.7	67	3.6
Beetroot Wellington	729	16	61	12	18	44	3.2
Supergreen Chicken Curry	998	38	89	3.6	20	54	2.8
Bill's Fish Pie	794	47.6	30.9	6.4	5.9	52.3	2.3
Steak, Egg & Chips	899	55.4	48.7	6	1.4	55.1	3
Pan Fried Seabass	523	48.1	19.6	4.1	3.1	28	2.5
Slow Cooked Beef Rib	635	70	39	7.1	12	20	3.2
Mojo Chicken Skewers without dressing	849	57.4	43.8	3.6	3.9	49.1	2.8
Mojo Chicken Skewers dressing only	97	0.1	0.8	0	0.8	10	0.2
10oz Ribeye or 8oz Sirloin (values based upon Ribeye)	606	60.8	5.9	1.4	3.7	37.8	0.5
Bill's Hamburger	696	45.1	36.7	0.3	9.7	40.1	3.8
Buttermilk Chicken Burger without Chipotle Mayonnaise	592	38.2	41.8	2.8	9.2	31	1.8
Buttermilk Chicken Chipotle Mayonnaise side only	230	0.4	1.9	0.1	1.6	24.5	0.5
Halloumi Burger without lime mayonnaise	684	27.7	51.4	5.2	16.7	41.4	4.2
Halloumi Burger lime mayonnaise only	255	0.9	1	0	0.6	27.7	0.3
Naked Hamburger without salad dressing	566	32.8	7.9	4.2	6.9	44.2	2.4
Naked Hamburger salad dressing only	97	0.1	0.8	0	0.8	10	0.2
Peppercorn sauce (sauce only)	-	-	-	-	-	-	-
Wild Mushroom Sauce (sauce only)	69	0.8	1.6	0.4	0.8	6.4	0.2

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## SIDES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fries	349	4.9	46.5	5.7	0.6	17.3	2.13
Sweet Potato Fries	510	3.3	68.8	7.8	29	26.4	1.6
Macaroni Cheese based on 2 sharing	179	7.2	23.7	0.7	3.3	6.2	1
Long Stem Broccoli	187	6	5.4	3.5	3.4	15.9	0.1
Seasonal Greens and Smoked Bacon	333	14	3	3.4	2.5	29	2.2

## PUDDINGS & TEATIME

Strawberry and Basil Eton Mess	650	4	60	1.7	58	43	0.3
Bill's Flowerpot	378	4.5	33	2.2	32	25	0.46
Warm Apple, Gooseberry and Elderflower Crumble	536	6.7	84	2.3	59	19	0.4
Lemon Meringue Pie in a Glass	847	9.3	77.9	1.4	76.7	49.1	0.8
Warm Triple Chocolate Brownie	775	11	63.3	7.9	52.2	41	0.7
Warm Banoffee Doughnuts	740	10	80.6	0.5	20.2	42.8	0.4
Salted Caramel and Chocolate Tart VG (Ice Cream)	444	4.1	51	6.4	29	24	0.7
Salted Caramel and Chocolate Tart V (Clotted Cream)	542	8.8	39	1.1	29	39	0.74
Ice Cream per scoop (based on Vanilla)	98.5	2.9	-	0.5	-	-	0.2
Warm Scones served with jam	562	8.8	92.6	3.1	50.8	17	1.3
Warm Scones clotted cream only	147	0.4	0.5	0	0.5	15.9	-
Toasted Teacake served plain	267	0	49	2.5	15.5	3.6	0.9
Toasted Teacake butter only	260	0.2	0.2	0	0.2	28.8	0.7
Chocolate Brownie	589	8.8	54.9	6.8	44.2	35.5	0.6
Bill's Cream Tea	-	-	-	-	-	-	-
Carrot Cake	198	2.9	22.1	0.8	8.7	11.3	0.5

## KID'S BREAKFAST

Kid's Little Bill's Breakfast	442	21	30	4	5.7	25	2.1
Kid's Toast with Butter	236	5.3	33	0.9	1.9	8.9	1.1
Kid's Eggs on Toast - scrambled	400	21	33	2.8	1.9	20	1.6
Kid's Eggs on Toast - fried	336	13	33	1.8	1.9	16	1.3
Kid's Eggs on Toast - poached	305	12	33	1.7	1.9	13	1.3
Kid's Beans on Toast	297	8.8	43	3.7	5.9	9	1.6
Kid's Buttermilk Pancakes	330	8.7	56	3	23	7.2	1.3
Kid's Granola	230	6	25	3.8	17	11	0.4

## KID'S LUNCH AND DINNER

Kid's Falafel Hummus & Carrot	360	8.8	28	12	11	21	1.8
Kid's Cod Fish Fingers & Chips	464	25	45	4.9	2.6	19	1.1
Kid's Cumberland Sausage & Mash	415	16	25	3.1	5.6	27	2.6
Kid's Hamburger	471	25	34	1.9	5	26	1.1
Kid's Macaroni Cheese	288	11	42	2.5	5	7.8	1.5
Kid's Peas	36	3.2	4.1	3.1	0	0	0
Kid's Baked Beans	61	3.5	10	2.8	4.1	0	0.5
Kid's Mash	94	1.9	12	2.2	1.8	3.8	0.5
Kid's Fries	224	3	28	3.4	0.5	10	0.7
Kid's Carrot & Hummus	149	2.6	12	6.1	8.5	8.9	0.4



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## KID'S PUDDINGS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Kid's Chocolate Mousse	229	1.9	19	2.6	16	15	0.1
Kid's Ice Cream with Wafer. Ice Cream per scoop (based on Vanilla)	107	2.2	9.7	0	9.7	6.5	-