



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

HUNGRY HORSE

CALORIES AND MACRONUTRIENTS

WWW.FACEBOOK.COM/LUKERANDALLFIT-
NESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS & SHARERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Ultimate BIG Combo	2519	70	224	-	38	108	9
Chicken Sharer	1854	86	143	-	29	69	7
20 Onion Ring Horseshoe Stacker	1783	22	177	-	44	103	5.2
Muchos Nachos Grande Chilli	1252	30	132	-	24	63	3.4
Breaded Jumbo Prawns	1105	8	66	-	18	80	3.7
Muchos Nachos Grande	1054	18	116	-	16	55	2.7
Chicken Wings	925	62	14	-	13	60	2.9
Garlic Breaded Mushrooms	686	7	55	-	10	46	3.4
Mini Camembert	650	30	55	-	22	34	1.4
Chicken Fingers	607	31	40	-	0	32	1.2
Cheesy Garlic Ciabatta	521	22	42	-	4	29	2.2
Bacon Popcorn	486	15	19	-	16	25	5.8
Garlic Ciabatta	358	9	42	-	4	16	1.4
Roasted Tomato & Thyme Soup	280	7	42	-	9	9	2
Texan BBQ Sauce	90	1	17	-	15	0	0.5
Sweet Chilli Sauce	82	1	21	-	16	0	0.5
Hot Hot Hot Sauce	73	1	4	-	2	5	0.7
New Piri Piri Hot Sauce	24	1	3	-	2	1	1.5

BIG PLATE SPECIALS

BPS Topped Chicken & Waffles	2781	70	221	-	74	178	7
BPS Big Chicken Korma Banquet	2654	70	250	-	58	149	8.1
BPS Chicken Tikka Masala	2587	67	252	-	61	141	8.1
BPS Topped Halloumi & Waffles	2402	65	186	-	75	153	8.9
BPS Chick Pea and Sweet Potato	2354	44	265	-	50	119	9.3
BPS Porky Platter	2240	109	104	-	24	149	14.2
BPS Steak on a Pie	2177	72	172	-	30	125	6.4
BPS Full Monty Mixed Grill	2155	113	109	-	18	134	7.8
BPS Jumbo Crispy Chicken	1933	62	146	-	15	120	3.4
BPS Jumbo Cod & Chunky Chips	1902	73	104	-	9	132	1.7
BPS Jumbo Scampi	1839	30	144	-	10	123	4
BPS Chicken New Yorker	1805	115	140	-	48	53	6.6
BPS Gigantic Gammon	1788	70	97	-	18	122	9.3
BPS Trio of Chicken	1717	84	106	-	27	107	4.5
BPS 8oz Smothered Steak Sizzler	1645	48	96	-	16	108	3.6
BPS 9oz Sirloin Steak	1642	55	93	-	13	109	2.3
BPS All Day Breakfast	1417	51	109	-	8	84	8.1
BPS 12oz Rump	1247	62	93	-	13	90	1.9

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Smokin' Jack Burger	3580	159	123	-	29	241	14.6
BPS Quadzilla Burger	3273	123	179	-	20	168	11
Double Daddy Burger	2974	97	170	-	24	178	10.3
Double Bacon & Cheese Beef Burger	2043	67	106	-	11	120	5.3
Double Cheese Beef Burger	1977	63	106	-	11	114	4.6
Route 66	1954	54	153	-	18	93	5.9
Double Classic Beef Burger	1937	61	106	-	10	110	4.2
Double Falafel Burger	1591	35	182	-	32	22	4.1
Bacon & Cheese Beef Burger	1470	42	102	-	11	69	4.2
Double Southern Fried Chicken Burger	1445	55	138	-	12	43	4.8
Cheese Beef Burger	1404	39	102	-	11	63	3.5
Falafel Burger	1389	24	152	-	32	19	3.7
Classic Beef Burger	1365	36	102	-	10	59	3.1
Southern Fried Chicken Burger	1118	33	118	-	11	26	3.4

LIGHT BITES

Halloumi	800	58	7	-	7	60	6.5
Chicken Club	606	52	11	-	6	39	3.5
Cheesy Melt	454	27	22	-	18	29	1.8
Southern Fried Chicken & Mayo	363	30	20	-	2	22	1.6
Omega 3 Fish finger Baguette	361	14	26	-	3	22	1.2
Jacket Potato	337	6	64	-	4	7	0.3
Baguette	330	11	67	-	4	1	1.1
Vegan Falafel Burger	253	11	33	-	3	7	0.6
Tortilla	227	6	36	-	2	6	0.7
Roast Chicken Fillets	204	40	3	-	1	4	0.8
Chilli Con Carne	198	12	16	-	8	8	0.7
Beef Rump Steak 5oz	181	19	0	-	0	6	0.2
Mozzarella/White Cheddar Grated	164	13	1	-	0	13	0.8
Pink Star Coleslaw	75	1	6	-	5	5	0.4
Baked Beans	63	3	10	-	4	0	0.5
Classic Salad Bowl	34	2	5	-	3	1	0.1

PUB FAVOURITES

Veggie Fish & Chips	1687	75	68	-	23	122	9.8
Hand-Battered Fish & Chunky Chips	1553	53	84	-	8	107	1.5
Roast Beef Yorkie Burrito	1550	64	137	-	17	84	2.7
Mini Mixed Grill	1428	87	69	-	14	88	5.7
8oz Rump Steak	1223	44	69	-	11	77	2
Chicken New Yorker	1210	64	107	-	26	27	3.7
Breaded Wholetail Scampi †	1156	19	86	-	6	80	2.3
5oz Rump Steak	1115	33	69	-	11	73	1.9
British Beef & Ale Pie	1094	31	106	-	13	63	4.1
5oz Grilled Gammon	995	33	57	-	13	70	3.1
Chicken Tikka Masala	815	41	101	-	40	26	3.7

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)
Full English Breakfast	802	35	58	-	5	47	5.5
Pork Sausages & Mash	775	35	90	-	29	31	5.6
Macaroni Cheese v	755	33	87	-	7	32	4.9
Chickpea and Sweet Potato Curry	696	18	114	-	39	18	3.9
Oven Baked Beef Lasagne	687	30	49	-	9	29	4.5
Quorn Sausages & Mash	648	29	92	-	30	17	4.4

DIRTY FRIES SIDES

Mac and Bacon topper	910	23	94	-	4	20	4.1
Popcorn Bacon	868	18	65	-	3	22	4.2
Mac Cheese topper	778	16	94	-	4	8	2.8
Pizza topper	691	15	65	-	5	10	1.9
Trade up - Mac and Bacon topper	364	17	32	-	2	20	3.1
Trade up - Popcorn Bacon	322	12	4	-	1	22	3.2
Trade up - Mac Cheese topper	232	10	32	-	2	8	1.8
Trade up - Pizza topper	145	9	4	-	3	10	0.9

ADD-ONS

Beef Burger	573	25	4	-	0	51	1.1
Bhajis	541	10	39	-	14	37	1.6
Roast Potatoes	362	2	59	-	2	0	3.6
Chicken Skewer Southern Fried	294	27	19	-	0	16	1.5
Chicken Burger	266	17	16	-	1	0	0.7
Falafel Burger	253	11	33	-	3	7	0.6
Mash	249	6	42	-	6	6	1.4
Sausage	229	15	9	-	0	15	1.9
Chicken Breast	204	40	3	-	1	4	0.8
1/2 Baguette and Butter	194	6	34	-	2	4	0.6
Poppadom & Chutney	190	6	42	-	28	0	2.6
Chicken Skewer Plain	189	32	6	-	3	4	1.9
Naan	172	5	31	-	2	3	0.6
Oozy Boozy Cheese Sauce	166	7	4	-	1	13	0.7
Grated Cheese	164	13	1	-	0	13	0.8
Pulled Pork	133	8	8	-	7	7	0.5
Mushy Peas	120	8	20	-	6	0	0.6
Fried Egg	118	6	0	-	0	9	0.3
Yorkshire Pudding	100	4	14	-	1	3	0.3
Quorn Sausage	76	6	5	-	1	3	0.5
Streaky Bacon	66	3	0	-	0	6	0.7
Beans	63	3	10	-	4	0	0.5
Peas	60	6	9	-	5	1	0
Mushrooms	41	2	0	-	0	5	0
Butter	29	0	0	-	0	3	0.1
Gravy	26	0	6	-	0	0	1.5

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)
Tomato	0	0	0	-	0	0	0
Bubblegum Ice Cream	133	2	15	-	14	7	0.2
Chocolate Ice Cream	112	2	14	-	14	5	0.1
Vanilla Ice Cream	110	2	14	-	14	5	0.1
Custard	89	3	16	-	12	1	0.2

EXTRAS

Smothered Chips Cheese	798	17	43	-	2	62	0.8
Chips	634	4	42	-	2	49	0
Lunch Chips	634	4	42	-	2	49	0
Fries	546	6	62	-	2	0	1.1
5 Onion Rings	392	5	28	-	10	27	1.1
White Bread & Butter	299	9	48	-	4	8	1.3
Macaroni Cheese	281	14	32	-	2	12	2
Brown Bread and Butter	272	10	42	-	4	8	1.2
Steak Topper 2 Fried Eggs	235	13	0	-	0	19	0.5
BBQ and Ale Sauce	213	1	51	-	49	0	1.5
Lemon and Garlic Sauce	193	1	27	-	15	9	0
Steak Topper New Yorker	193	9	9	-	8	13	1.3
Steak Topper Surf	172	6	16	-	1	9	0.9
The Hot Topper	147	3	15	-	6	7	4.8
Corn on the Cob	141	4	18	-	2	5	0.1
Crispy Battered Jalapeno's	92	2	8	-	2	6	1.3
Coleslaw	75	1	6	-	5	5	0.4
Steak Sauce Peppercorn	52	1	6	-	2	3	1
Parmigiana Sauce	35	1	4	-	3	1	0.5
Dressed Side Salad	17	1	2	-	1	1	0.1

SUNDAY ROASTS

BPS Sunday Vegetarian	1834	57	244	-	40	73	4.7
BPS Sunday Roast Beef	1661	110	193	-	32	55	3.9
BPS Sunday Roasted Chicken Fillets	1566	101	208	-	32	41	5.4
Sunday Roast Beef	983	67	108	-	19	35	3.6
Sunday Vegetarian	961	32	129	-	22	37	3
Sunday Roast Chicken Fillets	905	65	116	-	18	22	3.9

DESSERTS

The Ultimate BIG Candymania	2203	28	248	-	221	95	1.7
Freakshake Cake	1063	7	110	-	83	33	0.4
Jam Roly Poly	1045	15	137	-	66	48	1.6
Candymania Sundae	1044	12	114	-	100	42	0.7
Warm Chocolate Fudge Cake	918	14	115	-	100	43	1.2
Millionaires Cheesecake	698	6	81	-	58	38	0.6
Syrup Sponge Pudding	665	10	113	-	85	19	1.1
Apple Crumble	653	9	119	-	77	14	0.7
Chocolate & black cherry torte	505	2	59	-	42	26	0.1