



*Luke Randall Fitness*

NUTRITION SURVIVAL GUIDE TO  
**BREWERS  
FAYRE**

CALORIES AND MACRONUTRIENTS

[WWW.FACEBOOK.COM/LUKERANDALLFIT-  
NESS](http://WWW.FACEBOOK.COM/LUKERANDALLFITNESS)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Combo Feast	1987	75	184	-	22	105	7.6
Chicken Wings	539	29	31	-	9	33	2.6
Southern Chicken Goujons	491	29	36	-	8	25	1.6
Crispy Potato Dippers	487	22	34	-	3	29	1.7
Chicken Liver & Pork Pate	417	11	45	-	16	21	1.6
Garlic & Herb Breaded Mushrooms	403	9	57	-	10	17	1.4
Tempura Prawns	362	9	39	-	13	19	2.4
Melting Brie Bites	352	15	29	-	14	19	1
Prawn Cocktail	347	18	30	-	11	17	2.1
Smoked Haddock Fishcake	341	21	23	-	1	24	0.8
Mature Cheddar & Sticky Onion Tart	281	10	20	-	7	17	0.7
Tomato Soup	239	6	35	-	13	7	1.7

## A BIT DIFFERENT

Sweet Potato & Feta Lasagne	742	24	70	-	18	39	3
Burrito Bowl With Chicken	687	49	64	-	21	24	4.2
Beef & Pork Lasagne	634	28	64	-	17	28	3.1
Spicy Asian Style Noodles With Chicken	579	45	65	-	23	15	4
Three Cheese Quiche	570	20	42	-	11	36	1.2
Burrito Bowl Salad	532	16	64	-	21	22	3
Coronation Chicken Salad	519	35	11	-	9	37	1.9
Chicken & Pesto Pie	485	25	44	-	10	23	1.3
Grilled Chicken & Bacon Salad	431	51	13	-	11	19	4.7
Spicy Asian Style Noodles	424	12	64	-	22	12	2.9

## CLASSICS

Ultimate Filled Yorkshire Sausage & Mash	1334	58	126	-	14	63	4
Beef & Doom Bar Pudding	1297	32	96	-	9	84	4.5
Chicken Garlic Chicken	1260	45	132	-	7	64	0.8
Double Smothered Chicken	1209	96	104	-	22	47	5.4
Vegetarian Filled Yorkshire Sausage & Mash	1061	47	132	-	14	33	4.1
Sausage, Egg & Chips	923	38	87	-	6	49	2.3
Smothered Chicken	918	55	95	-	14	37	3.5
Chicken Tikka Curry	863	45	113	-	26	24	3.7
Grilled Gammon Steak With Eggs	787	65	75	-	4	27	3.3
Vegetarian Sausage, Egg & Chips	770	40	88	-	5	29	1.9
Grilled Gammon Steak With One Of Each	764	59	85	-	15	24	3.1
Grilled Gammon Steak With Pineapple	742	53	94	-	25	21	3
Mexican Beef Chilli	680	23	83	-	9	25	1.8
Smoky Paprika Chicken	665	44	76	-	9	23	2.1

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## FISH

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fish & Chips With Mushy Peas	1212	37	124	-	5	65	2.1
Fish & Chips With Peas	1174	35	117	-	6	65	1.2
Hand-Battered Haddock, Chips & Mushy Peas	1129	50	113	-	6	55	2.2
Hand-Battered Haddock, Chips & Peas	1091	48	107	-	7	55	1.3
Breaded Wholetail Scampi & Mushy Peas	948	26	127	-	5	40	4.5
Breaded Wholetail Scampi & Peas	910	24	120	-	6	40	3.6
Fish Pie	810	42	68	-	11	38	3.5
Baked Salmon	762	61	41	-	7	43	2.1
Salmon & Prawn Rigatoni Pasta	681	27	69	-	6	32	3.4
Smoked Haddock Fishcakes	663	36	48	-	5	41	1.6

## GRILL

Chicken & Full Rack Rib Combo	1632	120	114	-	40	80	5.5
Tandoori Mixed Grill With Chips	1542	89	134	-	26	76	6.9
Mixed Grill With Rump Steak	1508	126	97	-	9	71	5.4
Mixed Grill	1434	99	100	-	9	66	4.9
14Oz Rib-Eye Steak, Hollandaise Sauce	1402	109	95	-	10	73	1.4
Tandoori Mixed Grill With Rice	1371	88	112	-	26	64	7
14Oz Rib-Eye Steak, Peppercorn Sauce	1296	97	97	-	13	60	1.8
Chicken & Rib Combo	1252	88	98	-	27	59	4
Full Rack Of Ribs	1240	70	105	-	32	63	3.5
8Oz Sirloin	884	55	89	-	7	36	1
8Oz Rump Steak	871	59	89	-	7	34	1.2
Half Roast Chicken & Chips	827	56	85	-	17	32	2.4
6Oz Ranch Steak	414	58	9	-	7	15	0.7

## SAUCES

Hollandaise	136	14	3	-	0	14	0.3
Tennessee Whiskey With Jack Daniel'S	89	1	20	-	18	1	0.7
Blue Cheese	64	1	3	-	0	5	0.5
Peppercorn	29	2	4	-	2	1	0.7

## FAVOURITE BURGERS

The Black & Blue	1330	62	113	-	12	72	2.6
The New Yorker	1152	48	107	-	12	60	2.1
Beef, Cheese & Mushroom	1103	45	105	-	11	57	1.5
The South Western	931	29	119	-	11	40	2.2
Vegan Burger	904	38	124	-	23	29	2.9
Extra Beef Burger	327	27	0	-	0	24	0.3
Extra Chicken Burger	211	17	12	-	0	11	0.8
Extra Cheese & Bacon	110	8	0	-	0	8	0.8

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## BURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The Ultimate	1733	72	131	-	18	104	4.9
The Mighty	1604	75	129	-	14	89	5.3
The Cluck 'N' Ale	1514	62	148	-	13	77	4.1
The Ultimate No Bun	1506	66	97	-	12	97	4.4
The Mighty No Bun	1377	69	95	-	9	82	4.8
The Cheesy Chick	1328	43	135	-	13	69	3.8
The Cluck 'N' Ale No Bun	1287	56	114	-	7	70	3.6
The Cheesy Chick No Bun	1101	37	102	-	7	62	3.3
The Bhaji Burger	1037	38	131	-	23	41	3.1
The Bhaji Burger No Bun	805	18	120	-	19	30	1.8

## SUPER SIDES

Mac N Cheese Bites	393	12	36	-	1	22	1.5
Cheesy Jalapeno Poppers	378	7	30	-	4	25	0.7

## SIDES

Extra Feast	512	10	63	-	4	24	1.5
Battered Onion Rings	442	5	48	-	5	25	1.3
Mac N Cheese Bites	393	12	36	-	1	22	1.5
Cheesy Jalapeno Poppers	378	7	30	-	4	25	0.7
Bowl Of Chips	369	5	66	-	0	12	0
Sweet Potato Fries	350	2	53	-	23	15	0.6
Mozzarella Sticks	330	14	23	-	2	20	1.4
Garlic Bread With Cheese	317	12	29	-	1	17	1
Coleslaw	138	1	8	-	6	10	0.7
Medley Of Green Vegetables	112	7	7	-	4	5	0.4
Mixed Side Salad	49	1	6	-	5	2	0.2

## SNACKS

Fish Goujon Sandwich, Brown Bread	728	22	72	-	4	39	1.7
Ham & Cheese Sandwich, Brown Bread	723	41	59	-	3	35	4
Fish Goujon Sandwich, White Bread	713	21	69	-	4	39	1.7
Ham & Cheese Sandwich, White Bread	708	41	57	-	3	35	3.9
Spicy Chicken Strip Sandwich, Brown Bread	703	26	76	-	3	31	3.5
Spicy Chicken Strip Sandwich, White Bread	687	26	74	-	3	31	3.4
Prawn Sandwich, Brown Bread	603	26	66	-	8	26	2.6
Prawn Sandwich, White Bread	587	25	63	-	9	26	2.6

## PUDS

Dirty Mud Pie	975	10	101	-	73	58	0.9
1/2 Sharing Fondue	817	11	128	-	89	28	1
Trio Of Puddings	762	8	86	-	60	42	1.2
Salted Toffee Apple Crumble	646	7	100	-	65	24	1.6
Belgian Waffle & Salted Caramel Ice Cream	628	9	75	-	33	32	0.8
Lemon Meringue Pie	606	6	56	-	31	39	0.4