

CROWN CARVERY

NUTRITIONAL INFORMATION



Important Information

The nutritional data has been compiled from a mixture of supplier data and lab analysis and are typical values based on an average Crown Carvery portion size. Nutrition per 100g is provided for the self serve items such as vegetables.

Please use this information as guidance only. Due to the nature in which our food is prepared by our chefs, the nutritional value of individual meals may vary slightly from the information published.

Nutritional information as a percentage of the Reference Intake (RI) has been provided to enable you to make the most informed choice. RIs for calories, fat, saturated fat, sugar and salt are the maximum amount of each nutrient that should be consumed in a day see table on right . These RI values are for an average adult, based on an average sized woman, doing an average amount of physical activity.

This list is compiled from a mixture of supplier data and lab analysis. It was last updated April 2016.

Reference Intakes for energy and selected nutrients (adults)

Energy or nutrient	Reference Intake (RI)
<i>Energy</i>	<i>8400KJ/2000kcal</i>
<i>Total fat</i>	<i>70g</i>
<i>Saturates</i>	<i>20g</i>
<i>Carbohydrates</i>	<i>260g</i>
<i>Sugars</i>	<i>90g</i>
<i>Protein</i>	<i>50g</i>
<i>Salt</i>	<i>6g</i>

	Typical nutrition values per average portion							
Breakfast	Energy (kJ)	Energy (KCal)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Bacon (one rasher)	287	68	4.4	2.0	0.3	0.0	7.2	1.38
Baked Beans (100g)	382	91	1.4	0.2	12.8	6.8	4.5	0.70
Chips (100g)	1,126	268	13.1	3.0	35.0	0.4	2.6	0.44
HP Sauce (100g)	500	119	0.1	0.0	28.3	23.1	0.9	1.30
Tomato Ketchup (100g)	416	99	0.1	0.0	23.2	22.8	1.2	1.80
Fried Bread (1 slice)	1,361	324	20.6	1.8	28.3	1.9	5.5	0.90
Fried Egg (1 egg)	491	117	9.0	2.6	0.0	0.0	8.8	0.26
Scrambled Egg (100g)	678	162	13.0	4.5	1.4	0.3	9.8	0.88
Hash Brown (x 1)	319	76	3.3	1.8	10.2	0.5	1.1	0.23
Plum Tomatoes (100g)	76	18	0.0	0.0	3.0	3.0	1.0	0.00
Sausage (x 1)	925	220	16.6	5.9	8.6	1.4	9.2	1.96
Quorn Sausage (x1)	272	65	1.9	0.3	5.0	0.5	6.0	1.15
Extras								
Add Bacon	287	68	4.4	2.0	0.3	0.0	7.2	1.38
Add Egg	491	117	9.0	2.6	0.0	0.0	8.8	0.26
Add Sausage	925	220	16.6	5.9	8.6	1.4	9.2	1.96
Extra Mushrooms	548	131	12.8	3.6	0.7	0.4	2.7	0.22
Cereal								
Kelloggs Coco Pops (35g)	560	135	0.9	0.4	29.8	12.3	1.8	0.26
Kelloggs Coco Pops with 300ml semi skimmed milk	1,185	282	6.0	3.4	44.8	27.3	12.0	0.26
Kelloggs Corn Flakes (24g)	381	91	0.2	0.0	20.2	1.9	1.7	0.31
Kelloggs Corn Flakes with 300ml semi skimmed milk	997	237	5.3	3.0	35.2	16.9	11.9	0.31
Kelloggs Muesli Luxury (50g)	798	190	5.0	1.5	29.5	9.5	4.5	0.00
Kelloggs Muesli Luxury with semi skimmed milk	1,414	337	10.1	4.5	44.5	24.5	14.7	0.00

Kelloggs Rice Krispies (22g)	352	84	0.4	0.0	19.1	2.2	1.3	0.41
Kelloggs Rice Krispies with 300ml semi skimmed milk	968	231	5.5	3.0	34.1	17.2	11.5	0.41
Porridge	294	70	1.0	0.3	12.6	4.5	2.2	0.08
Wholemeal Toast (1 Slice)	659	157	1.6	0.6	27.1	2.3	6.7	1
White Toast (1 slice)	731	174	1.5	0.6	33.5	2.9	5.6	1
Butter (2 x 7g packs)	433	103	11.4	7.3	0.1	0.1	0.1	0
Marmalade (6g serve)	63	15	0.0	0.0	3.7	3.7	0.0	0
Raspberry Jam (6g serve)	60	14	0.0	0.0	3.5	3.1	0.0	0
Strawberry Jam (6g serve)	60	14	0.0	0.0	3.5	3.1	0.0	0
American Style Pancakes	857	204	5.0	0.5	35.8	23.8	4.1	0.44
Waffle	1,894	451	20.1	10.1	61.6	34.6	5.1	1.05

	Typical nutrition values per average portion							
Main Menu	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Starters								
Bowl of Cheesy Chips	2,242	534	29.9	10.5	54.5	0.7	11.8	1.25
Bowl of Chips	1,776	423	20.5	4.7	55.2	0.8	4.4	0.78
Bowl of Roasties	1,481	353	5.9	1.2	67.0	2.7	7.8	2.11
Cheesy Garlic Bread	1,743	415	25.1	13.5	29.7	2.0	16.6	1.73
Chips With Curry Sauce	1,776	423	20.5	4.7	55.2	0.8	4.4	0.78
Country Vegetable Soup	1,037	247	8.1	4.5	33.2	6.8	7.4	2.06
Garlic Bread	1,046	249	11.6	5.1	29.3	1.9	5.7	0.93
Hunters Gammon & Cheese Melt	2,099	500	26.9	14.9	35.5	14.7	28.2	3.66
Nachos	3,024	720	48.1	14.6	49.6	4.2	19.8	3.17
Prawns in Garlic Butter	1,504	358	24.6	15.7	21.5	1.2	11.9	1.33
Sharing Nachos	5,489	1,307	85.1	23.4	98.2	8.0	32.2	5.60
Side Salad	84	20	0.3	0.1	2.6	2.5	1.0	0.02
Southern Fried Chicken	1,766	420	20.2	3.6	34.0	13.5	25.5	1.98
Spicy Chicken Wings 16	2,561	610	39.1	10.3	3.9	2.9	60.7	1.13
<i>With BBQ(16)</i>	773	184	0.4	0.1	43.2	36.0	1.7	1.28
<i>With Piri Piri(16)</i>	256	61	3.9	0.3	5.5	3.5	0.8	3.42
Spicy Chicken Wings 8	1,278	304	19.5	5.2	1.9	1.4	30.3	0.56
<i>Add BBQ Sauce</i>	386	92	0.2	0.0	21.6	18.0	0.8	0.64
<i>Add Piri Piri Sauce</i>	126	30	2.0	0.2	2.8	1.8	0.4	1.71
Triple Garlic Bread Sharer	3,919	933	52.7	23.4	73.5	14.7	39.3	5.17
BBQ Ribs	1,430	340	12.6	4.6	28.7	22.9	27.8	1.35
Beer Battered Mushrooms	2,079	495	33.7	4.5	38.4	2.3	9.1	3.39
Beer Battered Onion Bites	2,706	644	50.6	8.3	42.6	4.9	6.3	1.13
Mac & Cheese Balls	3,628	864	56.3	11.4	70.8	7.6	16.6	3.25
Sharing Platter	9,529	2,269	154.1	32.5	131.7	18.4	89.1	7.61

Pub Classics								
British Pork Sausages	2,677	637	48.1	16.9	25.0	4.1	26.5	5.66
Gammon & Eggs	1,852	441	25.0	7.9	0.0	0.0	53.9	4.23
Hand Battered Fish	2,051	488	31.5	7.1	18.5	0.5	33.0	0.38
BBQ Glazed Ribs	2,150	512	24.7	8.9	19.1	13.7	53.5	1.55
Chicken & Ribs Combo	3,180	757	42.4	13.2	6.8	4.6	87.0	1.74
Half Roast Chicken	2,154	513	30.1	8.7	0.0	0.0	60.4	1.04
Steak & Ale Pie	2,436	580	30.0	12.3	58.8	4.3	17.8	1.66
Carvery Deck:								
Roast Beef - Adult	1,759	419	25.8	7.0	0.0	0.0	46.4	1.19
Roast Beef - Kids	880	209	12.9	3.5	0.0	0.0	23.2	0.60
Glazed Gammon - Adult	1,414	337	14.1	4.9	1.7	0.0	52.4	4.99
Glazed Gammon - Kids	707	168	7.1	2.5	0.9	0.0	26.2	2.50
Turkey - Adult	1,200	286	6.6	2.0	0.2	0.2	56.4	0.68
Turkey - Kids	600	143	3.3	1.0	0.1	0.1	28.2	0.34
Roast pork - Adult	1,892	451	20.7	6.6	1.7	0.0	66.1	0.17
Roast Pork - Kids	946	225	10.4	3.3	0.9	0.0	33.1	0.09
Sausages (per sausage)	880	210	15.8	5.6	8.2	1.4	8.7	1.86
Carvery Accompaniments:								
Yorkshire puddings - standard	210	50	41.3	0.9	1.2	4.7	2.3	3.14
Yorkshire puddings - king size	84	20	16.5	0.4	0.5	1.9	0.9	1.25
Roast potato (100g)	383	91	1.4	0.2	12.8	6.8	4.5	0.70
Roast potato (40g)	153	36	0.6	0.1	5.1	2.7	1.8	0.28
Mash potato (100g)	399	95	0.0	0.0	15.8	4.5	6.1	0.50
Mash potato (40g)	160	38	0.0	0.0	6.3	1.8	2.4	0.20
Chips (100g)	197	47	1.7	0.4	5.8	5.4	0.7	0.02
Chips (40g)	79	19	0.7	0.2	2.3	2.2	0.3	0.01
Stuffing (100g)	172	41	1.5	0.3	4.9	4.8	0.7	0.05
Stuffing (40g)	69	16	0.6	0.1	2.0	1.9	0.3	0.02
Cauliflower cheese (100g)	176	42	1.3	0.3	7.3	2.1	1.8	0.02
Cauliflower cheese (40g)	71	17	0.5	0.1	2.9	0.8	0.7	0.01
Baked beans (100g)	169	40	2.0	0.6	3.1	2.7	1.5	0.33
Baked beans (40g)	68	16	0.8	0.2	1.2	1.1	0.6	0.13

Mushy peas (100g)	349	83	2.1	0.5	8.4	2.5	5.6	0.02
Mushy peas (40g)	140	33	0.8	0.2	3.4	1.0	2.2	0.01
Carrots (100g)	756	180	11.9	5.7	14.6	5.5	1.4	0.28
Carrots (40g)	302	72	4.8	2.3	5.8	2.2	0.6	0.11
Swede (100g)	522	124	3.4	0.6	20.3	2.2	4.2	0.02
Swede (40g)	209	50	1.4	0.3	8.1	0.9	1.7	0.01
Green beans (100g)	139	33	0.2	0.1	7.2	4.6	1.5	0.19
Green beans (40g)	55	13	0.1	0.0	2.9	1.8	0.6	0.08
Cabbage (100g)	226	54	2.5	0.6	6.7	2.4	3.4	0.02
Cabbage (40g)	90	22	1.0	0.3	2.7	0.9	1.4	0.01
Peas (100g)	349	83	2.1	0.5	8.4	2.5	5.6	0.02
Peas (40g)	140	33	0.8	0.2	3.4	1.0	2.2	0.01
Parsnips (baked) (100g)	756	180	11.9	5.7	14.6	5.5	1.4	0.28
Parsnips (baked) (40g)	302	72	4.8	2.3	5.8	2.2	0.6	0.11
Sweetcorn (100g)	522	124	3.4	0.6	20.3	2.2	4.2	0.02
Sweetcorn (40g)	209	50	1.4	0.3	8.1	0.9	1.7	0.01
Onions with Gravy (100g)	139	33	0.2	0.1	7.2	4.6	1.5	0.19
Onion with Gravy (40g)	55	13	0.1	0.0	2.9	1.8	0.6	0.08
Sprouts (100g)	226	54	2.5	0.6	6.7	2.4	3.4	0.02
Sprouts (40g)	90	22	1.0	0.3	2.7	0.9	1.4	0.01
Leeks (100g)	152	36	2.0	0.6	2.7	0.3	1.5	0.03
Leeks (40g)	61	15	0.8	0.2	1.1	0.1	0.6	0.01
Romano Beans (100g)	184	44	1.6	0.5	7.2	2.0	1.8	0.03
Romano Beans (40g)	73	17	0.6	0.2	2.9	0.8	0.7	0.01
Gravy and Sauce Deck								
Apple Sauce 100g	323	77	0.0	0.0	19.0	14.0	0.2	2.50
Apple Sauce 15g	48	12	0.0	0.0	2.9	2.1	0.0	0.38
Cranberry Sauce 100g	882	210	0.0	0.0	52.5	51.0	0.0	0.04
Cranberry Sauce 15g	132	32	0.0	0.0	7.9	7.7	0.0	0.01
Curry Sauce 100g	45	11	0.3	0.2	1.4	0.3	0.5	0.14
English Mustard 100g	884	210	10.0	0.7	23.6	12.3	6.5	8.75
English Mustard 15g	133	32	1.5	0.1	3.5	1.8	1.0	1.31
100ml Beef and Onion Gravy	84	20	0.2	0.1	4.1	0.2	0.5	0.98

100ml Roasted Onion Veggie Gravy	94	22	0.2	0.0	4.9	1.1	2.4	0.83
Horseradish Sauce 100g	736	175	9.3	0.7	21.6	17.9	1.3	1.25
Horseradish Sauce 15g	110	26	1.4	0.1	3.2	2.7	0.2	0.19
Mint Sauce 100g	310	74	0.2	0.1	16.5	14.1	1.2	1.75
Mint Sauce 15g	46	11	0.0	0.0	2.5	2.1	0.2	0.26
Wholegrain Mustard 100g	678	162	8.7	0.0	12.7	5.3	8.1	3.50
Wholegrain Mustard 15g	102	24	1.3	0.0	1.9	0.8	1.2	0.53
Sandwiches								
Beef & Horseradish								
Beef & Horseradish on baguette with house roast potatoes	3,795	904	30.6	7.1	114.8	7.3	40.9	4.39
Beef & Horseradish on white with house roast potatoes	3,933	936	33.9	9.0	116.1	11.3	40.1	3.53
Beef & Horseradish on brown with house roast potatoes	3,794	903	34.0	9.0	103.3	10.1	42.2	3.53
Cheese & Pickle (V)								
Cheese & Pickle on baguette with house roast potatoes	3,773	898	32.3	7.9	110.3	7.1	40.6	3.69
Cheese & Pickle on white with house roast potatoes	4,044	963	38.4	17.3	120.2	15.0	32.4	5.03
Cheese & Pickle on brown with house roast potatoes	3,906	930	38.5	17.3	107.4	13.8	34.5	5.03
Gammon & English Mustard								
Gammon & Mustard on baguette with house roasties	3,630	864	26.5	6.9	111.5	6.0	44.5	7.09
Gammon & Mustard on white with house roasties	3,789	902	28.1	8.0	117.3	10.2	44.0	6.93
Gammon & Mustard on brown with house roasties	3,651	869	28.2	8.0	104.5	9.0	46.1	6.93
Pork with Stuffing & Apple Sauce								
Pork with Stuffing & Apple Sauce on baguette with house roasties	3,888	926	28.1	7.7	116.9	6.6	51.0	3.74
Pork with Stuffing & Apple Sauce on white with house roasties	4,048	964	29.7	8.8	122.7	10.8	50.5	3.58
Pork with Stuffing & Apple Sauce on brown with house roasties	3,909	931	29.8	8.8	109.9	9.6	52.6	3.58
Turkey, Cranberry & Stuffing								

Turkey, Stuffing & Cranberry on baguette with house roasties	3,475	827	21.0	5.4	112.3	3.9	46.1	3.49
Turkey, Stuffing & Cranberry on white with house roasties	3,634	865	22.6	6.5	118.1	8.1	45.6	3.33
Turkey, Stuffing & Cranberry on brown with house roasties	3,496	832	22.7	6.5	105.3	6.9	47.7	3.33
Wrap Southern Fried Chicken	3,441	819	35.9	7.5	92.2	5.4	28.0	1.68
Sandwiches & Salads								
BBQ Ribs Main & Salad	2,823	672	30.3	11.2	39.5	19.8	58.4	1.96
Carvery Meat & Salad (MW)								
Carvery Meat & Salad (SUN)								
Half Roast Chicken & Salad	2,827	673	35.7	11.0	20.5	6.2	65.2	1.45
Tomato & Mozzarella Pizza Pie & Salad	2,715	647	39.9	14.4	53.6	12.3	15.0	4.57
Vegetarian Dishes								
Macaroni Cheese	3,457	823	38.6	21.0	82.6	12.1	34.6	3.93
Lentil Cottage Pie	1,577	376	12.3	1.1	48.4	11.6	12.7	3.15
Quorn Lasagne	882	210	4.4	2.4	29.3	5.6	11.7	1.95
Puddings & Toppings								
Topping - Chocolate Buttons	378	90	5.2	3.1	9.6	9.5	1.3	0.04
Topping - Flake	185	44	2.6	1.6	4.6	4.6	0.7	0.02
Topping - Hundreds & Thousands	252	60	0.2	0.1	14.6	13.8	0.0	0.04
Topping - M&M Chocolate	609	145	6.2	3.8	20.6	19.9	1.4	
Topping - Mini Marshmallows	197	47	0.0	0.0	11.1	9.9	0.6	0.00
Topping - Mini Oreo	500	119	5.0	2.5	17.1	9.4	1.3	0.23
Topping - Mini Rolo	622	148	6.9	4.1	19.6	19.2	1.7	0.08
Topping - Caramel Flavour Crunch	233	55	0.0	0.0	13.9	13.9	0.0	0.00
Apple & Blackberry Pie	1,562	372	13.8	4.7	54.3	24.9	6.3	0.37
Banana Split	4,057	966	42.7	24.9	128.2	118.1	12.6	0.91
Bottomless Ice Cream	767	183	7.5	5.0	23.8	23.8	5.0	0.16
Bread & Butter Pudding	2,204	525	17.7	9.8	80.9	57.5	9.7	0.73
Chocolate Fudge Cake	4,843	1,153	58.5	22.2	137.1	109.7	15.5	1.46
Chocolate Fudge Sensation	4,586	1,092	60.9	32.1	112.8	89.7	16.2	0.76
Custard Bowl	1,134	270	6.0	3.0	45.0	33.0	9.0	0.30

Extra Ice Cream	284	68	3.2	1.6	8.6	8.6	1.0	0.11
Rocky Road Sundae	4,515	1,075	57.4	29.3	124.1	100.2	13.8	1.37
Strawberry Jelly & Ice Cream	1,432	341	7.8	3.9	61.9	58.2	4.7	0.32
Strawberry Trifle	1,554	370	14.8	9.9	52.3	42.5	5.7	0.30
Treacle Sponge	2,398	571	18.1	2.5	95.5	76.5	6.2	0.78
Baileys Sundae	5,869	1,397	67.4	36.4	178.3	142.8	14.9	1.92
Butterscotch Angel Delight	486	116	7.8	5.6	9.6	7.6	1.5	0.12
Chocolate Brownie	3,035	723	31.3	18.1	97.1	74.4	9.6	0.46
Crossido	1,575	375	14.4	4.8	56.3	33.8	3.9	0.49
Key Lime Pie	2,701	643	45.3	26.2	55.3	39.8	2.8	0.29
Lemon Curd Sponge	2,383	567	25.8	3.2	76.7	47.4	6.6	0.58
Salted Caramel Cheesecake	2,505	596	43.4	25.8	44.8	34.5	6.4	0.58
Crown Add Ons								
Cheesy Bites	1,703	405	24.3	10.7	36.8	4.9	10.6	1.59
Cookie Ice Cream Sandwich	2,962	705	32.2	16.4	95.6	66.2	7.0	0.93
Crispy Prawns	1,721	410	16.0	3.7	54.2	18.8	11.5	3.01
Crunchy Mushrooms	2,244	534	36.3	7.8	43.9	2.0	7.5	2.06
Lemon Meringue Pie	1,735	413	19.5	9.0	54.4	40.0	4.6	0.22
Mega Chocolate Cookie Tower	3,199	762	38.1	16.7	94.2	60.6	8.0	0.12
Sticky Toffee Pudding	1,142	272	8.6	5.0	44.5	29.1	2.9	0.28
Strawberry Angel Delight	517	123	8.6	6.1	9.6	7.7	1.5	0.13
Topping - Honeycomb Sprinkle	231	55	0.0	0.0	13.7	12.1	0.0	0.28
Topping - Mint Aero Balls	277	66	2.7	1.6	9.5	9.0	0.7	0.02
Tunnocks Caramel Wafer	571	136	5.2	3.8	20.8	10.4	1.1	0.19
Tunnocks Snowball	550	131	6.2	5.3	17.0	12.6	1.3	0.15
Tunnocks Teacake	449	107	4.6	2.5	14.9	8.6	1.2	0.12
Vanilla Cheesecake & Oreo Cookies	3,347	797	48.5	29.2	79.5	25.4	9.8	0.70
Vegan Squash & Red Pepper Kiev	1,785	425	9.4	0.7	70.1	11.7	11.7	2.92
GF Lemon & Lime Crumble Tart	2,205	525	27.9	14.9	62.7	39.9	5.3	0.37
Profiteroles With Chocolate Sauce	2,117	504	29.5	17.6	53.8	39.2	5.1	0.15
ST Chocolate Yule Log	2,117	504	21.8	11.3	69.9	53.4	5.4	0.42
ST Praline Profiteroles	2,751	655	43.7	25.7	57.1	44.5	7.5	0.12
Topping - Mini Smartie	277	66	2.7	1.6	9.5	9.0	0.7	0.02

Add BBQ Sauce	386	92	0.2	0.0	21.6	18.0	0.8	0.64
Add Piri Piri Sauce	126	30	2.0	0.2	2.8	1.8	0.4	1.71
Brown Bread & Butter	1,756	418	14.6	8.5	54.4	4.7	13.5	1.35
White Bread & Butter	1,894	451	14.5	8.5	67.2	5.9	11.3	1.35
Add On BBQ Ribs	1,027	244	12.3	4.5	6.8	4.6	26.6	0.70

Crown Childrens Menu	Typical nutrition values per average portion							
Mains	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Child Chicken Nuggets	1,082	258	11.1	2.6	10.3	0.8	29.2	1.12
Child Mac N Cheese	1,382	329	15.4	8.8	31.5	5.5	15.4	1.66
Extra Grated Cheese	500	119	9.6	5.9	0.3	0.1	7.8	0.57
Hand Battered Fish	2,051	488	31.5	7.1	18.5	0.5	33.0	0.38
Half Roast Chicken	2,154	513	30.1	8.7	0.0	0.0	60.4	1.04
Choose your Potato								
Roasties (per 100g)	722	172	2.9	0.6	32.7	1.3	3.8	1.03
Mash (per 100g)	379	90	2.0	0.6	16.0	1.0	2.2	0.07
Chips (per 100g)	1,126	268	13.1	3.0	35.0	0.4	2.6	0.44
Choose your Vegetable								
Cauliflower cheese (100g)	210	50	41.3	0.9	1.2	4.7	2.3	3.14
Baked beans (100g)	383	91	1.4	0.2	12.8	6.8	4.5	0.70
Mushy peas (100g)	399	95	0.0	0.0	15.8	4.5	6.1	0.50
Carrots (100g)	197	47	1.7	0.4	5.8	5.4	0.7	0.02
Swede (100g)	172	41	1.5	0.3	4.9	4.8	0.7	0.05
Green beans (100g)	176	42	1.3	0.3	7.3	2.1	1.8	0.02
Cabbage (100g)	169	40	2.0	0.6	3.1	2.7	1.5	0.33
Peas (100g)	349	83	2.1	0.5	8.4	2.5	5.6	0.02
Parsnips (baked) (100g)	756	180	11.9	5.7	14.6	5.5	1.4	0.28
Sweetcorn (100g)	522	124	3.4	0.6	20.3	2.2	4.2	0.02
Onions with Gravy (100g)	139	33	0.2	0.1	7.2	4.6	1.5	0.19
Sprouts (100g)	226	54	2.5	0.6	6.7	2.4	3.4	0.02

Childrens Desserts								
Bottomless Ice Cream	1,412	336	13.2	6.2	49.9	45.9	4.1	0.45
Child Pineapple Pieces in Juice	261	62	0.0	0.0	14.6	13.8	0.5	0.00
Strawberry Jelly & Ice Cream	1,554	370	14.8	9.9	52.3	42.5	5.7	0.30
Orson Owl - Chocolate Ice Cream	319	76	4.2	3.6	8.2	6.9	1.4	0.04
Hector Hippo - Strawberry Ice Cream	234	56	1.1	1.0	11.0	10.1	0.5	0.02
Poppy Panda - Vanilla Ice Cream	314	75	3.4	3.1	9.9	8.9	1.2	0.04
Toppings								
Topping - Chocolate Buttons	378	90	5.2	3.1	9.6	9.5	1.3	0.04
Topping - Flake	185	44	2.6	1.6	4.6	4.6	0.7	0.02
Topping - Hundreds & Thousands	252	60	0.2	0.1	14.6	13.8	0.0	0.04
Topping - M&M Chocolate	609	145	6.2	3.8	20.6	19.9	1.4	
Topping - Mini Marshmallows	197	47	0.0	0.0	11.1	9.9	0.6	0.00
Topping - Mini Oreo	500	119	5.0	2.5	17.1	9.4	1.3	0.23
Topping - Mini Rolo	622	148	6.9	4.1	19.6	19.2	1.7	0.08
Topping - Caramel Flavour Crunch	233	55	0.0	0.0	13.9	13.9	0.0	0.00