

## **CARVERY CALORIE INFORMATION**

*Calories counts are per 100g  
Customers choose their portion size*

<b><u>Small Carvery</u></b>	
<b><i>Dish</i></b>	<b><i>Calories</i></b>
Roast Beef	285
Roast Turkey	222
Roast Gammon	147
Nut Roast	217

<b><u>Regular Carvery</u></b>	
<b><i>Dish</i></b>	<b><i>Calories</i></b>
Roast Beef	379
Roast Turkey	296
Roast Gammon	196
Nut Roast	217

<b><u>Large Carvery</u></b>	
<b><i>Dish</i></b>	<b><i>Calories</i></b>
Roast Beef	472
Roast Turkey	370
Roast Gammon	274
Nut Roast	217

<b><u>Vegetables &amp; Condiments</u></b>	
<b><i>Dish</i></b>	<b><i>Calories</i></b>
Roast Pots	236
Mash	125
Honey Glazed Parsnips	161
Sage & Onion Stuffing Balls	94
New Potatoes	119
Carrots	112
Broccoli	103
Red Cabbage	59
Cauliflower Cheese	113
Garden Peas	109
Green Beans	59
Sprouts	76
Gravy	23
Horseradish	77
Apple Sauce	57
Cranberry Sauce	72
Mint Sauce	40
Eng Mustard	68
Wholegrain Mustard	76