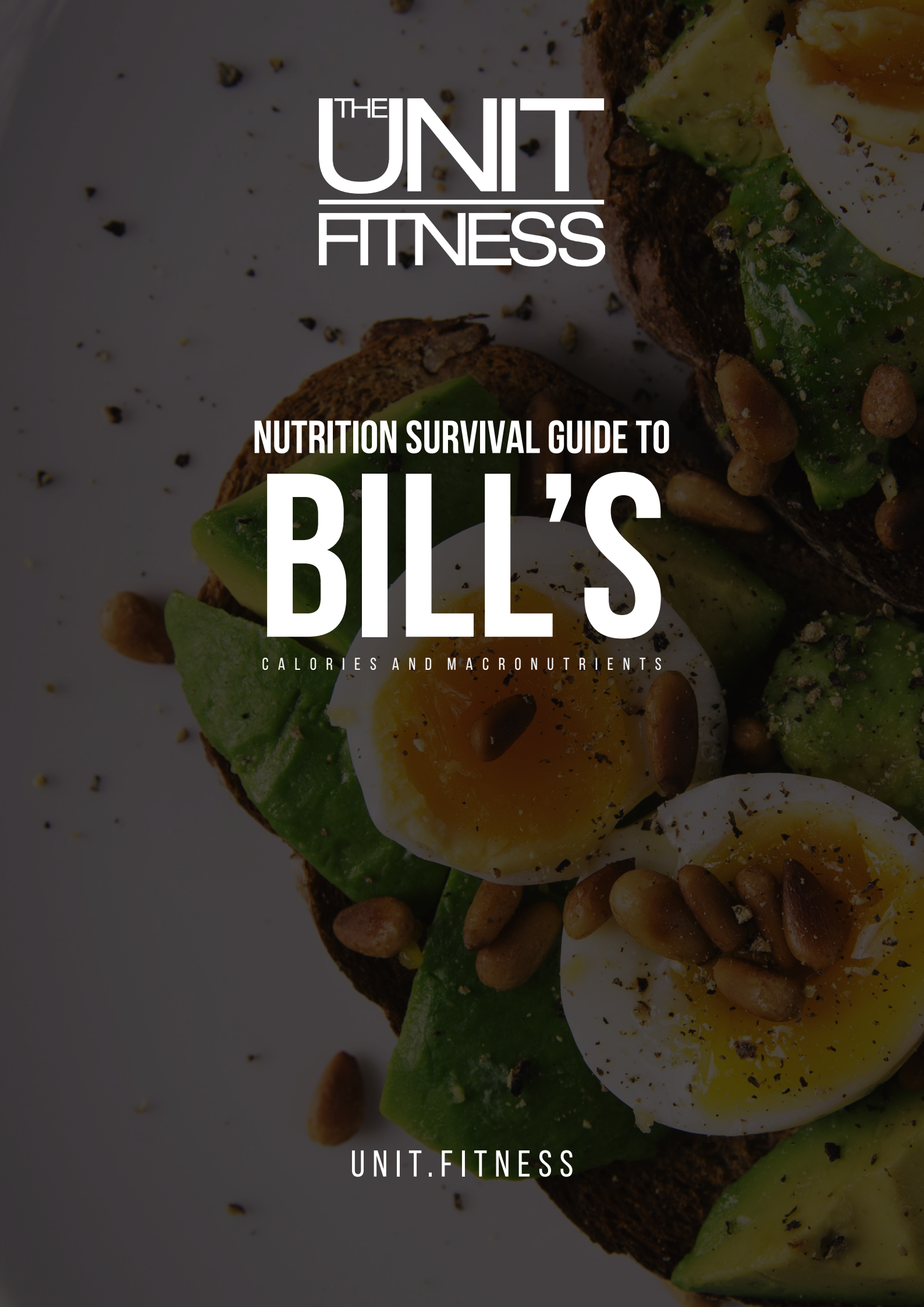

THE UNIT FITNESS

NUTRITION SURVIVAL GUIDE TO BILL'S

CALORIES AND MACRONUTRIENTS

UNIT.FITNESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Avocado on Toast without egg	518	9.9	42.2	2.6	2	34.5	1.9
Avocado on Toast 2 poached eggs only	179	16	trace	0	trace	12.7	0.4
Avocado on Toast salmon portion only	143	11.2	0.1	0	0	10.9	0.1
Avocado on Toast bacon portion only	190	10.9	0	0	0	16.3	2.2
Bacon Bun	584	24.2	33.3	1.4	4.2	40.1	4.7
Bill's Breakfast	910	50.9	52.9	0.4	4.7	55.1	5.7
Coconut Porridge	528	3.4	88.4	10.2	32.3	12.2	0.7
Eggs Royale without hollandaise	595	37.2	35.5	2.5	1.3	33.8	3.2
Eggs Benedict without hollandaise	549	35.6	35.3	2.5	1	31.7	2.5
Eggs Benedict and Royale hollandaise only	214	0.6	2.6	0.6	0.6	22.2	0.6
Granola Sundae	435	14.6	58.6	6.6	39.8	16	0.3
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
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup	548	12.3	100.3	4.9	52.5	11.3	1.8
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup 5 stack	820	19.5	145	6.5	66.8	18.6	3
Sausage Bun	565	21.4	46.2	1.4	4.2	33.8	3
Scrambled Eggs on Toast	555	30.4	39.9	2.5	1	30.5	3
Scrambled Eggs on Toast bacon only	190	10.9	0	0	0	16.3	2.2
Scrambled Eggs on Toast smoked salmon only	143	11.2	0.1	0	0	10.9	0.1
Toasted Bloomer & Butter	356	7.7	39.8	2.5	0.9	18.4	1.4
Veggie Breakfast	912	29.3	59.5	7.3	15.4	61.6	6.6

STARTERS

Baked Crab Cakes without tartare sauce	417	15	18.4	2.1	2.9	31.9	1.7
Baked Crab Cakes tartare sauce only	150	0.7	0.9	0.1	0.8	16	0.4
Bill's Smoky Fire Bread (based on 2 sharing)	333	8.6	33	2.9	1.7	18.3	1.6
Crispy Calamari without lemon garlic mayonnaise	469	19.7	29.7	2.5	2.4	30.7	2.7
Crispy Calamari lemon garlic mayonnaise only	287	0.8	0.7	0	0.6	31.2	0.3
Crumbed Halloumi Sticks	675	27.2	27.2	1.6	10.2	51.1	3.6
Dakkochi Chicken Skewers	462	54.9	22	0.9	18.7	17.1	2.9
Flatbread Hummus & Olives (based on 2 sharing)	168	4	15.9	2.3	0.3	9.6	0.8
Giant Green Gordal Olives	135	0.9	0	0.2	0	14	3.4
Golden Fried Pork Sesame Dumplings	451	13	44.2	1.8	14.3	25	3
Mini Cumberland Sausages	696	25.3	36.8	1.4	23.5	50.5	3.6
Oak Smoked Chicken Liver Parfait without toast	528	12.1	15.2	0.6	14.9	46.5	1.5
Oak Smoked Chicken Liver Parfait toast only	281	11.5	55.9	5.8	1.2	1.2	2
Roasted Butternut Squash & Lentil Salad	297	5.5	17.6	3.9	6	23.1	1
Spiced White Corn Tortillas without guacamole and salsa	252	3.7	32.3	2.8	0.8	12.6	0.8
Spiced White Corn Tortilla guacamole and salsa only	90	0.9	2	0.5	1.4	8.8	0.3
Stonebaked Garlic and Herb Flatbread (based on 2 sharing)	237	6.5	29	1.4	0.4	14.3	0.9
Wild Mushroom Soup without Flatbread	260	3.4	9	1.6	3.6	22.7	2.9
Wild Mushroom Soup Flatbread only	121	3.4	19.3	0.9	0.2	3.3	0.4

1-200 CAL

201-300 CAL

301-400 CAL

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MEZZE

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mezze - per person, based on 4 sharing	302	17.5	13.1	2.4	2.9	20.5	1.3
Veggie Mezze - per person, based on 4 sharing	275	9.8	21.8	4.9	2.8	17.5	1.6

MAINS

Baked Caper and Herb Crusted Cod	871	46.7	28.9	8	4.4	64.6	3.1
Bill's Fish Pie	942	39.7	40.1	0.4	6.1	69.2	3.1
Braised Lamb Shank	1484	120.5	55.1	8.8	7.5	85.5	4.2
Chicken Caesar Salad without dressing	627	65.1	8.8	1.6	2.4	41.1	2.5
Chicken Caesar Salad dressing only	275	3	1.2	0	0.6	30	0.9
Chicken Milanese	738	54	23.1	1	3.4	48	1.2
Gnocchi Bolognese	731	25.1	74.3	2.7	2.4	37.5	3.2
Grilled Halloumi Salad	353	22.6	16.8	6.2	10.2	21.4	3.2
Grilled Halloumi Salad pesto toast only	158	3.8	19.3	1.1	0.2	7.3	0.6
Grilled Halloumi Salad dressing only	192	0.1	1.4	0.1	1.3	20.7	0.3
Macaroni Cheese	1167	45.3	101.6	7.4	8.8	66.3	6.7
Mojo Chicken Skewers without flatbread and plain salad	698	58.4	58.6	4.1	5.7	25.3	1.7
Mojo Chicken Skewers dressing only	97	0.1	0.8	0	0.8	10	0.2
Mojo Chicken Skewers flatbread only	152	4	23.6	0	0.6	4.3	0.8
Naked Hamburger without salad dressing	421	36.4	6.8	4.4	6.7	27.5	2.3
Naked Hamburger salad dressing only	97	0.1	0.8	0	0.8	10	0.2
Oven Roasted Ginger and Sesame Cauliflower Steak	745	14	79.1	4.9	16.2	41.1	1.9
Rustic Butternut Squash Stew	445	10.5	48	10.5	11.6	24.3	2.8g
Steak & Chips	785	39.5	37.1	4.5	0.6	54.3	3.3
Thai Green Chicken Curry without rice	563	25.4	20.4	4.1	15.9	42.1	2.5
Thai Green Chicken Curry rice only	227	5	49.7	1.3	0.7	1.3	0.5
14oz Ribeye	830	80.7	0.1	0.1	0.1	56.9	1.1
10oz Sirloin	617	57.7	0.1	0.1	0.1	43.3	0.9
Bill's Ribs	791	32.8	37.7	1.6	30.2	57.2	1.7

SIDES

Cauliflower Cheese - per person, based on 2 sharing	119	7.3	3.6	0.5	3.1	8.5	0.5
Fries	349	4.9	46.5	5.7	0.6	17.3	2.1
Sauteed Garlic Chestnut Mushrooms	184	0.1	0.9	2.2	0.4	18.5	0.1
Long Stem Broccoli	121	5.7	2.7	3.1	1.7	10.1	1.2
Mixed Salad plain	24	1.7	3.4	1.2	2.5	0.5	trace
Mixed Salad dressing only	97	0.1	0.8	0	0.8	10	0.2
Sauteed Kale	104	2.5	5.2	1.8	2	8.7	1.1
Sweet Potato Fries	510	3.3	68.8	7.8	29	26.4	1.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

PUDDINGS & TEATIME

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Banana & Honeycomb Cheesecake	827	8.2	75.6	2	47.7	55.1	1.4
Bill's Cream Tea	724	9.4	96.5	4.6	54.7	33.1	1.3
Carrot Cake	198	2.9	22.1	0.8	8.7	11.3	0.5
Coconut and Orange Rice Brulee	344	2.9	49.4	1.8	32	14.9	0.2
Melting Chocolate Bombe	862	11	100.2	2.9	72.1	45.1	1
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
Warm Mini Cinnamon Doughnuts served plain	483	8.2	55.2	1.8	6.8	26.3	trace
Warm Mini Cinnamon Doughnuts Salted Caramel and Chocolate Sauces o	166	1.1	24.8	1	10.8	6.7	0.4
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	trace
Apple & Blackberry Crumble	659	6.9	113.3	7.5	78.3	18.1	0.3
Warm Chocolate Brownie	617	6.8	58.1	4.7	49.5	38.9	0.5
Ice Cream per scoop (based on Vanilla)	107	2.2	9.7	0	9.7	6.5	trace

KID'S BREAKFAST

Kid's Bacon Sandwich	512	24	39.8	2.5	0.9	28.7	4.1
Kid's Beans on Toast	220	6.3	27	3.2	3.4	9.2	1
Kid's Breakfast	590	32	33.3	2.3	3.1	37.1	3.9
Kid's Buttermilk Pancakes	326	7.8	57.7	2.6	26.2	7.4	1.2
Kid's Eggs on Toast	333	19	19.9	1.3	0.5	19.9	1.2
Kid's Yoghurt, Strawberries, Banana, Honey	108	1.9	16.5	1.2	15.9	2.5	0.2
Kid's Sausage Sandwich	482	15.7	46.1	2.6	2.8	26.6	2

KID'S LUNCH AND DINNER

Kid's Crispy Corn Tortilla Chips	247	4.5	22.5	4.4	3	16.6	0.7
Kid's Ham and Cheese Toastie	478	24.2	46	4.2	4.6	22	2.8
Kid's Macaroni	502	23.2	42.8	2	4.8	26.4	1.8
Kid's Cumberland Sausages	619	22.6	39.1	4.2	9.3	41.8	2.8
Kid's BBQ Ribs	305	26	8.1	1	6.3	17.9	1
Kid's Chicken Fillet Burger	365	27.6	39.5	2.1	10.3	11.5	1.5
Kid's Cod Fish Fingers	271	25.3	22.3	4.2	5	9.2	0.4
Kid's Hamburger without mayonnaise	372	22.7	33.7	2.7	5	17	1.2
Kid's Hamburger mayonnaise only	150	0.4	0.3	0	0.3	16.4	0.2
Kid's Steak & Chips	359	38.5	5.4	2.6	1.1	20.5	0.4
Kid's Fries option	175	2.5	23.3	2.9	0.3	8.6	1.1

KID'S PUDDINGS

Vanilla Ice Cream Sundae	292	3.6	31.1	0.6	19	16.7	0.4
Strawberries and Banana without chocolate dipping sauce	93	1.4	21.7	2.9	19.6	0.3	0
Strawberries and Banana, chocolate dipping sauce only	105	0.9	10	1.1	9.7	6.5	0
Ice Cream per scoop (based on Vanilla)	107	2.2	9.7	0	9.7	6.5	trace
Warm Chocolate Brownie without ice cream	218	2.3	22.4	1.9	19.6	12.9	0.2