



YD!

allergen & nutritional information

breakfast menu
september 2024

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Avocado & Eggs On Toast	666.6	2787.5	36.2	8.4	21.0	4.2	58.0	0.0	2.9	27.4	7.3	637.1
Bacon Breakfast Muffin	368.9	1546.2	15.4	6.1	0.0	0.0	31.9	0.0	1.9	24.3	2.2	1394.7
Benedict Classic	542.7	2271.4	29.5	11.7	5.9	1.4	34.8	0.0	2.8	33.6	2.4	1111.3
Benedict Royal	566.2	2369.4	31.6	11.9	5.9	1.4	35.0	0.0	2.9	34.6	2.4	1124.8
Breakfast Ramen	496.1	2077.6	21.7	6.7	1.9	1.8	49.5	28.3	8.3	24.8	3.2	2708.6
Cheese Breakfast Sando	917.6	3847.3	36.4	22.5	4.7	0.6	113.9	0.0	6.7	32.2	3.3	1607.5
Chocolate & Cream Waffle Dog	334.4	1409.8	14.3	9.5	0.2	0.1	46.7	0.6	28.8	5.3	1.1	177.6
Egg & Spinach Breakfast Muffin	419.6	1755.2	22.0	4.8	8.2	7.1	32.0	0.0	2.0	22.7	2.4	495.6
Extra Bacon	197.9	823.2	14.2	5.8	0.0	0.0	0.0	0.0	0.0	17.4	0.0	1094.7
Extra Sausage	369.5	1532.2	27.9	10.3	0.0	0.0	10.8	0.0	0.0	18.8	0.3	781.9
Extra Shiitake Mushrooms	77.2	324.9	0.2	0.1	0.0	0.0	17.5	1.4	6.3	1.9	0.0	332.8
Extra Smoked Salmon	101.0	422.5	6.0	1.3	0.0	0.0	0.2	0.0	0.2	11.6	0.0	393.5
Extra Yuzu Avocado	239.1	986.7	24.4	5.1	15.1	2.7	2.7	0.0	0.7	2.4	5.7	7.5
Full English Breakfast	986.9	4126.8	48.3	19.4	5.9	1.5	80.5	0.7	9.6	56.6	5.3	2754.1
Ham & Cheese Breakfast Sando	891.1	3740.5	31.5	18.2	2.3	0.3	113.8	0.0	6.7	36.6	3.3	1806.7
Kedgerree	901.4	3771.4	30.4	8.6	2.9	0.7	123.8	0.0	16.6	33.5	2.2	2169.6
Maple Waffle Dog	235.4	995.8	4.5	2.7	0.0	0.0	45.2	0.0	32.0	4.3	0.8	169.8
Sausage Breakfast Muffin	540.5	2255.2	29.1	10.7	0.0	0.0	42.7	0.0	1.9	25.8	2.5	1081.9
Shiitake Mushrooms & Eggs On Toast	577.2	2423.6	19.9	8.5	5.9	1.5	72.9	1.4	8.6	27.0	1.7	1042.4
Smoked Salmon & Eggs On Toast	601.0	2521.3	25.7	9.8	5.9	1.5	55.5	0.0	2.4	36.7	1.7	1103.1
Yoghurt with Mango Compote & Granola	548.0	2287.5	32.9	17.8	3.0	4.3	45.5	0.0	30.7	19.1	4.4	271.8