



# SEA AND SPUD

## Feel good fish and chips

Here at Sea and Spud, we're all about feel good fish and chips, and that's why we've worked with a qualified dietitian to supply you with the nutritional content for each of our dishes. That way, you can always make an informed decision when eating with us.

**Here's to eating good, and feeling great.**

### Fish & Chips

	kcal	kJ	Fat g	Sat Fat g	Sugars g	Salt g
Small Cod	371	1552	21	9.7	0.4	0.59
Large Cod	680	2844	38	17.9	0.6	1.07
Small Haddock	371	1552	21	9.7	0.4	0.59
Large Haddock	680	2844	38	17.9	0.6	1.07
Plaice	572	2392	34	15.2	0.5	1.20
Small Cod Goujons	479	2005	26	12.1	0.6	0.79
Large Cod Goujons	866	3625	46	21.8	1.1	1.43
Fish Cake	370	1545	20	11	1.8	1.7
Lemon Sole	566	2364	32	15.2	0.5	1.03
Scampi (12)	554	2332	35	9.7	1.4	2.4
Small Chips	679	2832	47	19.6	2.5	0.06
Large Chips	994	4145	61	28.7	3.6	0.09

### Sides

	kcal	kJ	Fat g	Sat Fat g	Sugars g	Salt g
Battered Onion Rings	148	620	10	4.5	4.3	0.13
Mushy Pea Fritter	289	1209	14	6.3	1.6	1.00
Battered Mushrooms	132	546	10	4.6	0.4	0.13
Mushy Peas	151	639	0.9	0.1	1.8	0.97
Curry Sauce	55	231	1.5	0.8	3.4	1.2
Baked Beans	141	595	0.4	0.0	3.5	1.09
Baked Bean Fritter	321	1339	16	7.6	6.9	1.05
Bread Roll	198	836	1.5	0.2	3.1	0.74
Pickled Gherkin	10	46	0.3	0.1	1.3	0.9
Pickled Egg	90	375	6.3	2.4	0.0	0.16
Pickled Onion	12	46	0.2	0.0	1	0.12

### Classics

	kcal	kJ	Fat g	Sat Fat g	Sugars g	Salt g
Chicken Breast	432	1801	27	7.4	0.0	1.9
Chicken Fillet Bites (8)	688	2864	42	19.2	1.6	1.51
Steak & Ale Pie	Awaiting nutritional information					
Steak & Kidney Pie	Awaiting nutritional information					
Chicken, Ham and Leek Pie	Awaiting nutritional information					
Squash, Spinach and Feta Cheese Pie	Awaiting nutritional information					

### Extras

	kcal	kJ	Fat g	Sat Fat g	Sugars g	Salt g
Jumbo Sausage	477	1975	42	16	3.2	2.4
Battered Sausage	591	2453	47	19	3.5	2.6
WM Morgan Sausage	377	1573	33	13	1.8	1.5
Saveloy	240	998	15	5.1	0.1	3.0
Cod Roe	255	1062	17	6.2	0.2	1.4
Fish Cake	425	1770	28	8.1	0.6	1.5
Battered Halloumi	527	2192	40	25	2.0	3.4

### Children

	kcal	kJ	Fat g	Sat Fat g	Sugars g	Salt g
Battered Cod Goujons	369	1545	20	9.2	0.5	0.62
Pork Sausages	540	2234	48	19	3.6	2.7
Fish Cake	425	1770	28	8.1	0.6	1.5
Chicken Fillet Bites (4)	331	1375	20	9.2	0.8	0.73

Recommended daily kcal intake: Male: **2500** | Female: **2000**

Figures are per portion and averages, not exact for each and every portion served.

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