

# NUTRITIONAL INFORMATION



## »» SAVOURY PANCAKES



### MY OLD DUTCH

Smoked bacon, chicken, ham, sweet pepper, mushrooms, sweetcorn & cheese

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1089	1.67	46.9	5.8



### AMSTERDAMMER

Sautéed apple & smoked bacon with maple syrup

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1025	8.2	45.6	6.3



### RATATOUILLE & CREAMED SPINACH

Ratatouille, creamed spinach & grated cheese

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1190	7.4	68.7	4.5



### SEAFOOD

King prawns, tuna, olives, cheese with tomato sauce

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1071	10.8	49.69	5.8



### ITALIAN

Mozzarella, tomato, cheese, olives & mixed Italian herbs

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1118	1.67	46.9	5.8



### CHILLI CON CARNE

Chilli con carne with guacamole, soured cream & tortilla chips

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1089	0.1	57.9	5.8



### GREEK

Grilled aubergine, tomato, halloumi, feta, olives, cheese, red onion & oregano

KCAL	SUGARS (G)	FAT (G)	SALT (G)
14.86	7	74.2	7.5



### SMOKED SALMON

Smoked salmon with mushrooms & creamy dill sauce

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1103	2.4	51.7	4.0



### LAMB STEW

Halal moroccan lamb stew with garden peas & carrot

KCAL	SUGARS (G)	FAT (G)	SALT (G)
774	4.7	24.1	2.3



### CHICKEN CURRY

Served with basmati rice, mango chutney & yoghurt

KCAL	SUGARS (G)	FAT (G)	SALT (G)
955	8.8	31.5	4.0



### MEDITERRANEAN

Marinated arichoke hearts, sun dried tomatoes, cheese & olives

KCAL	SUGARS (G)	FAT (G)	SALT (G)
999	2.5	50.8	6.8



### HOT DUTCH

Pepperoni, chorizo, cheese, red chillies & tomato sauce

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1216	11.9	69.4	6.8

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### ASPARAGUS

Asparagus, spinach, black olives, red onion, mushrooms & cheese

KCAL	SUGARS (G)	FAT (G)	SALT (G)
987	1.8	49.8	4.5



### FOUR CHEESES

Mozzarella, halloumi, cheddar & aged gouda

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1621	1.8	98.7	8.5



### SMOKED DUCK

Smoked duck breast, mixed sweet pepper, spring onions, mushrooms & hoi sin sauce

KCAL	SUGARS (G)	FAT (G)	SALT (G)
739	17.5	21.3	1.8



### HAWAIIAN

Ham, cheese & pineapple

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1008	8.6	43.6	5.5



### ROCKET & SUN DRIED TOMATOES

Served with spinach, courgette & cheese

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1021	2.9	52.9	4.0

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## »» SWEET PANCAKES



### SUGAR & LEMON

with sugar & lemon

KCAL	SUGARS (G)	FAT (G)	SALT (G)
559	10.7	12.3	1.8



### MAPLE SYRUP & BUTTER

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1017	31	53.5	2.5



### CHOCOLATE SPRINKLES

Chocolate ice cream & chocolate sauce

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1059	65.3	40.6	2.0



### BANANA, NUTS, CHOCOLATE SAUCE

with cream or ice cream

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1307	88.3	53.9	2.0



### APPLE, CINNAMON

with cream or ice cream

KCAL	SUGARS (G)	FAT (G)	SALT (G)
917	44.9	35.1	2.0



### FRESH FRUIT SALAD

with cream or ice cream

KCAL	SUGARS (G)	FAT (G)	SALT (G)
922	44.1	35.3	2.0



### COMPOTE OF BERRIES

with cream or ice cream

KCAL	SUGARS (G)	FAT (G)	SALT (G)
922	44.1	35.3	2.0



### PEAR, CINNAMON

with cream or ice cream

KCAL	SUGARS (G)	FAT (G)	SALT (G)
940	50.5	35.3	2.0



### PEACHES

with cream or ice cream

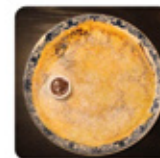
KCAL	SUGARS (G)	FAT (G)	SALT (G)
938	50	34.9	2.0



### VERMEER PANCAKES

Plain sugar pancake with ice cream & a shot of vermeer

KCAL	SUGARS (G)	FAT (G)	SALT (G)
1088	28.5	35	2.0



### NUTELLA

Hazelnut chocolate spread & icing sugar

KCAL	SUGARS (G)	FAT (G)	SALT (G)
824	37.9	46.9	1.8

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## »» LITE OPTIONS



### MIDDLE EASTERN

Humus, sun dried tomato topped with fresh rocket dressed with olive oil

KCAL	SUGARS (G)	FAT (G)	SALT (G)
410	1.2	19.7	1.5



### CHICKEN SALSA

Grilled chicken strips, baby gems and salsa

KCAL	SUGARS (G)	FAT (G)	SALT (G)
285	1.6	3.7	1.3



### TRICOLORE

Mixed melted cheese, topped with freshly chopped tomato, basil leaf, feta, mixed herbs and spring onions

KCAL	SUGARS (G)	FAT (G)	SALT (G)
262	1.5	4.9	1.3



### PRAWN & ROCKET

Fresh rocket dressed with olive oil, grilled prawns, and black olives

KCAL	SUGARS (G)	FAT (G)	SALT (G)
340	0	10.9	3.3