

NIBBLES

Recipe name	Energy (kcal)
MARINATED OLIVES	158.70kcal
CHORIZO IN CIDER	528.74kcal
KOREAN BBQ CHICKEN WINGS	741.38kcal
OYSTERS	23.86kcal
LITTLE SAUSAGE ROLLS	459.87kcal
ARTISAN BREAD	616.65kcal

STARTERS

Recipe name	Energy (kcal)
SEASONAL SOUP - see specials matrix	452.28kcal
HADDOCK GOUJONS	195.25kcal
BAKED GOATS CHEESE & CARAMELISED ONIONS	487.00kcal
BAKED GOATS CHEESE & CARAMELISED ONIONS - GLUTEN FREE	321.67kcal
SALT & PEPPER SQUID	280.43kcal
QUEENIE SCALLOPS	389.69kcal
CHRIS NEVE'S SMOKED SALMON	460.74kcal
KOREAN FRIED CHICKEN	447.87kcal
BBQ RIBS, ORANGE AND ROSEMARY GLAZE	603.56kcal
KIMCHI FRITTERS WITH SPRING ONION MAYO.	644.51kcal
VIETNAMESE CHICKEN SKEWERS	213.44kcal
DEEP FRIED BRIE WITH CHILLI JAM	123.38kcal
CRAB PATE	253.24kcal
CHORIZO SCOTCH EGG WITH PESTO	814.71kcal
PRAWN COCKTAIL	322.64kcal
GOCHUJANG PORK BELLY	1,127.71kcal
CARROT AND COURGETTE FRITTERS WITH TOMATOES	287.28kcal
DEVILLED LIVERS	1,139.78kcal
SPICED LAMB KOFTAS	510.06kcal
WHIPPED CHICKEN LIVER PARFAIT	418.21kcal

LIGHT BITES

Recipe name	Energy (kcal)
CLUB SANDWICH	1,070.43kcal
F.L.T	873.61kcal
GRILLED HADDOCK	793.37kcal
GRILLED HADDOCK - GLUTEN FREE	787.46kcal
PERSIAN CHICKEN WRAP	451.10kcal
SINGAPORE VERMICELLI	1,036.72kcal
SMOKED SALMON OMELETTE	748.16kcal
GARLIC MUSHROOMS ON TOAST	930.75kcal
FISH CAKES	407.71kcal
SOFT CORN TACO - CAULIFLOWER	768.33kcal
SOFT CORN TACO - CHICKEN	867.35kcal
SOFT CORN TACO - FISH	784.39kcal
EGGS BENEDICT - BACON	1,593.80kcal
VEGGIE MALAYSIAN CURRY	425.06kcal
VEGGIE GOAN CURRY	477.94kcal
CHICKEN & BACON SANDWICH	1,087.59kcal

MAINS

Recipe name	Energy (kcal)
SPC - NORTH - FRUITS DE MER	2,088.97kcal

MALAYSIAN SEAFOOD CURRY	796.74kcal
CHICKEN & HAM POT PIE	1,232.71kcal
PERSIAN CHICKEN	477.94kcal
TORO PIE, CHORIZO AND MANCHEGO	1,519.19kcal
MUSHROOM GNOCCHI	1,278.19kcal
SPC 2023 - FUNGHI PASTA	1,047.01kcal
SPC 2023 - FUNGHI PASTA - GLUTEN FREE	981.66kcal
SPC 2023 - FUNGHI PASTA - ADD CHICKEN	1,171.34kcal
SPC 2023 - FUNGHI PASTA - ADD CHICKEN - GLUTEN FREE	1,171.34kcal
SPC 2023 - CHICKEN KATSU	453.53kcal
IMAM BAYILDI WITH JEWELLED RICE	420.26kcal
GOAN SEAFOOD CURRY	1,276.63kcal
VEGAN LASAGNE	3,575.45kcal
SPC -CORE - FUSILLI ARRABIATTA	886.07kcal
SPC -CORE - FUSILLI ARRABIATTA - GLUTEN FREE	729.30kcal
SPC 2023 AW - PRAWN FUSILLI ARRABIATTA	887.89kcal
SPC 2023 AW - PRAWN FUSILLI ARRABIATTA - GLUTEN FREE	730.87kcal
SEAFOOD SKEWER CAULIFLOWER TABBOULEH	482.56kcal
SMOKED LANCASHIRE CHEESE TART - DISH	1,682.39kcal
SPC 2023 - PORK BELLY	1,956.67kcal
SPC 2024 - CHEESE AND ONION PIE	2,378.59kcal
SPC 2023 - SMALL BATTERED HADDOCK	518.75kcal
SPC 2023 - LAREG BATTERED HADDOCK	546.95kcal
SPC 2023 - BATTERED HADDOCK - GLUTEN FREE	540.75kcal
SPC 2024 - SAUSAGE AND MASH	908.89kcal
SPC 2024 - BRAISED BEEF	1,109.73kcal
SPC 2023 - FISH PIE YORKSHIRE	753.91kcal
SPC 2023 - FISH PIE LANCASHIRE	753.91kcal
SPC 2023 - KOREAN FRIED BUTTERMILK CHICKEN BURGER	1,443.95kcal
SMOKED HADDOCK WITH BUBBLE & SQUEAK - SPC	893.52kcal

GRILL

Recipe name	Energy (kcal)
SPC 2023 ONION RINGS	182.40kcal
SPC 2023 - STEAK & BONE MARROW BURGER	1,290.90kcal
SPC 2023 - GAMMON STEAK	879.41kcal
SPC 2023 - RIB-EYE STEAK	1,062.75kcal
SPC 2023 - 7OZ FILLET STEAK	613.42kcal
SPC 2024 - PEPPERED TUNA	965.83kcal
PEPPERCORN JUS	176.97kcal
BLUE CHEESE SAUCE SPC	465.13kcal
GARLIC & CHILLI PRAWNS	163.13kcal

SIDES

Recipe name	Energy (kcal)
SPC 2023 - CHUNKY CHIPS SIDE	231.00kcal
SPC 2023 - SEA SALT FRIES	483.00kcal
SPC 2023 MASH	481.30kcal
SPC 2023 CHEESE MASH	642.50kcal
TRUFFLE & PARMESAN FRIES	449.95kcal
SPC 2023 - SEASONAL VEGETABLES	109.45kcal
SPC 2023 - GARDEN SALAD	61.28kcal
GARLIC & CHILLI TENDERSTEM BROCCOLI	160.30kcal
SPC 2024 - GARLIC CIABATTA SIDE	451.53kcal
SPC 2024 - GARLIC CIABATTA WITH CHEESE - SIDE	532.13kcal

DESSERTS

Recipe name	Energy (kcal)
SPC 2023 - AFFOGATO	271.07kcal
SPC 2023 - CHOCOLATE & CARAMEL TRUFFLES	775.20kcal
APPLE & BLACKBERRY CRUMBLE SPC3 HESKETH	1,091.85kcal
SPC 2024 - LEMON AND GINGER CHEESECAKE	592.79kcal
SPC 2024 - DARK CHOCOLATE FONDANT	817.61kcal
STEAMED SYRUP SPONGE	822.45kcal
THREE CHEESE SELECTION	567.85kcal
SPC 2023 - CHOCOLATE BROWNIE - CHOCOLATE SAUCE	782.40kcal
STICKY TOFFEE PUDDING	1,030.10kcal
SPC 2023 AW - BAKED CHOCOLATE CHEESECAKE	847.26kcal
SPC 2023 - ICE CREAM SELECTION	358.00kcal
SPC 2023 - MANGO SORBET	74.00kcal

SUNDAY ROAST

Recipe name	Energy (kcal)
SPC 2023 - PORK & SAGE STUFFING	750.66kcal
CAULIFLOWER CHEESE SPC	542.47kcal
SPC 2023 PIGS IN BLANKET	618.00kcal
SUNDAY ROAST PORK - SPC	2,310.57kcal
SPC 2023 - SUNDAY PORCHETTA	1,865.22kcal
SPC 2023 - SUNDAY PORK BELLY	1,160.33kcal
SPC 2023 SUNDAY ROAST - TOPSIDE OF BEEF	1,470.65kcal
SPC 2023 SUNDAY ROAST - RUMP OF BEEF	2,226.65kcal
SUNDAY ROAST - SIRLOIN BEEF - SPC	2,009.37kcal
SPC 2023 SUNDAY CHICKEN CHECK- SPC	1,415.75kcal
SPC 2023 - SALT BAKED BEETROOT WELLINGTON	874.68kcal