

Bill's

NUTRITIONAL VALUES

July 2017

Our nutritional information is intended to be as accurate as possible, however due to the handmade nature of many of our dishes, exact results may vary slightly. It is possible to remove components of many of our dishes, within the following table some of our most popular tweaks are listed. All figures should be used as a guide only and recipes are subject to change, we therefore recommend checking for any updates each time you visit us.

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BILL'S NUTRITIONAL VALUES

	Energy kcal (per serving)	Fat (per serving)	of which saturates (per serving)	Carbohydrate (per serving)	of which sugars (per serving)	Fibre (per serving)	Protein (per serving)	Salt (per serving)
BILL'S BREAKFASTS								
Avocado on Toast without egg	497	32	7.4	42.2	2	2.6	10	1.7
Avocado on Toast 2 poached eggs only	179	12.7	3.6	trace	trace	0	16	0.4
Avocado on Toast salmon portion only	143	10.9	2.5	0.1	0	0	11.2	0.1
Avocado on Toast bacon portion only	190	16.3	5.7	0	0	0	10.9	2.2
Bacon Bun	584	40.1	13.8	33.3	4.2	1.4	24.2	4.7
Baked Spicy Beans, Chorizo and Eggs without flatbread	444	26.6	9	17.7	9	7.1	32.1	3.9
Baked Spicy Beans, Chorizo and Eggs flatbread only	120	3.3	0.5	19.3	0.2	0.9	3.4	0.4
Bill's Bread Basket without butters (based on 2 sharing)	478	18.4	8.6	72.5	6.3	3	11.7	2.1
Bill's Bread Basket butter, peanut butter and maple butter only (based on 2 sharing)	252	23.7	12	6.2	5.1	1	3.6	0.5
Bill's Breakfast	1110	76.9	23.8	59.2	6	3	48	4.8
Bill's Summer Omelette	488	37.7	9.8	10.7	5	4.3	27.2	2.8
Crab Cake, Egg and Asparagus	655	54.2	25.3	13.1	4.8	1.1	29.2	1.8
Eggs Royale without hollandaise	595	33.8	13.1	35.5	1.3	2.5	37.2	3.2
Eggs Benedict without hollandaise	549	31.7	13.4	35.3	1	2.5	35.6	2.5
Eggs Benedict and Royale hollandaise only	314	33.8	21	0.5	0.5	trace	1.9	0.6
Granola Sundae	412	16	4.3	53.5	35	6.1	14.4	0.3
Pancakes - Smoked Streaky Bacon and Bill's Pancake Syrup	844	44.9	17.1	83.7	37.7	2.4	28.7	5.3
Pancakes - Smoked Streaky Bacon and Bill's Pancake Syrup 5 stack	932	50.1	20.4	93.9	47.7	2.5	26.8	5.5
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup	548	11.3	2.4	100.3	52.5	4.9	12.3	1.8
Pancakes - Banana, Strawberries Blueberries and Bill's Pancake Syrup 5 stack	820	18.6	4	145	66.8	6.5	19.5	3.0
Sausage Bun	565	33.8	7.3	46.2	4.2	1.4	6	3.0
Scrambled Eggs on Toast	555	30.5	13.1	39.9	1	2.5	30.4	3.0
Scrambled Eggs on Toast bacon only	190	16.3	5.7	0	0	0	10.9	2.2
Scrambled Eggs on Toast smoked salmon only	143	10.9	2.5	0.1	0	0	11.2	0.1
Toasted Bloomer & Butter	356	18.4	11.1	39.8	0.9	2.5	7.7	1.4
Veggie Breakfast	807	50.7	16.8	58.6	15.2	7.3	28.6	6.5

	Energy kcal (per serving)	Fat (per serving)	of which saturates (per serving)	Carbohydrate (per serving)	of which sugars (per serving)	Fibre (per serving)	Protein (per serving)	Salt (per serving)
STARTERS								
Baked Crab Cakes without tartare sauce	417	31.9	9.2	18.4	2.9	2.1	15	1.7
Baked Crab Cakes tartare sauce only	150	16	1.2	0.9	0.8	0.1	0.7	0.4
Bill's Smoky Fire Bread (based on 2 sharing)	333	18.3	4.4	33	1.7	2.9	8.6	1.6
Bill's Summer Salad	350	25	2.6	23.5	6	5.9	8.7	0.5
Crispy Calamari without lemon garlic mayonnaise	469	30.7	2.4	29.7	2.4	2.5	19.7	2.7
Crispy Calamari lemon garlic mayonnaise only	287	31.2	2.2	0.7	0.6	0	0.8	0.3
Crumbed Halloumi Sticks	675	51.1	15.5	27.2	10.2	1.6	27.2	3.6
Dakkochi Chicken Skewers	462	17.1	1.7	22	18.7	0.9	54.9	2.9
Giant Green Gordal Olives	161	16.1	3.2	3.7	0	0.3	0.5	3.0
Mini Cumberland Sausages	696	50.5	6.7	36.8	23.5	1.4	2.1	3.6
Oak Smoked Chicken Liver Parfait without toast	528	46.5	26.2	15.2	14.9	0.6	12.1	1.5
Oak Smoked Chicken Liver Parfait toast only	281	1.2	0.1	55.9	1.2	5.8	11.5	2.0
Pork Sesame Dumplings	451	25	6.4	44.2	14.3	1.8	13	3.0
Roasted Tomato Soup without clotted cream and pesto toast	91.6	5.7	6.6	8.8	6.6	0.7	1.8	2.8
Roasted Tomato Soup clotted cream only	117	12.7	7.9	0.4	0.4	0	0.3	trace
Roasted Tomato Soup pesto toast only	158	7.3	1	19.3	0.2	1.1	3.8	0.6
Spiced Tortillas without guacamole	441	31.4	3.8	35.8	2.4	2.5	5.4	2.3
Spiced Tortilla guacamole only	75	7.7	1.8	0.7	0.2	0	0.6	0.1
Stonebaked Garlic and Herb Flatbread (based on 2 sharing)	237	14.3	5.5	29	0.4	1.4	6.5	0.9
MEZZE								
Mezze - per person, based on 4 sharing	302	20.5	2.9	13.1	2.9	2.4	17.5	1.3
Veggie Mezze - per person, based on 4 sharing	275	17.5	2.2	21.8	2.8	4.9	9.8	1.6
MAINS								
Bill's Fish Pie	942	69.2	40.5	40.1	6.1	0.4	39.7	3.1
Bill's Summer Salad	695	41	4.5	64.3	11.4	11.6	18.1	1.3
Bill's Summer Salad flatbread only	120	3.3	0.5	19.3	0.2	0.9	3.4	0.4
Chicken Caesar Salad without dressing	627	41.1	11.1	8.8	2.4	1.6	65.1	2.5
Chicken Caesar Salad dressing only	320	35	3.5	1.4	0.7	0	3.5	1.0
Chicken Paillard	596	42.6	3.8	5.7	5.1	2.4	47	1.6
Chicken Milanese	738	48	7	23.1	3.4	1	54	1.2
Diablo Gnocchi	928	62.7	30.6	54.5	1.2	2.8	35	4.1

	Energy kcal (per serving)	Fat (per serving)	of which saturates (per serving)	Carbohydrate (per serving)	of which sugars (per serving)	Fibre (per serving)	Protein (per serving)	Salt (per serving)
MAINS								
Grilled Halloumi Salad	356	21.3	13.1	18.8	12.2	4.9	21.6	3.2
Grilled Halloumi Salad pesto toast only	158	7.3	1	19.3	0.2	1.1	3.8	0.6
Grilled Halloumi Salad dressing only	192	20.7	1.7	1.4	1.3	0.1	0.1	0.3
Macaroni Cheese	1167	66.3	37.5	101.6	8.8	7.4	45.3	6.7
Mojo Chicken Skewers without flatbread and plain salad	522	25.1	3.3	20.3	3.2	3.1	53.4	1.1
Mojo Chicken Skewers dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2
Mojo Chicken Skewers flatbread only	152	4.3	0.8	23.6	0.6	0	4	0.8
Naked Hamburger	525	38.1	12.3	7.7	7.6	5.1	37.5	2.5
Panfried Sea Bass Fillets without rosti	465	34.7	6.4	2.7	1.7	1.2	37.1	2.6
Panfried Sea Bass Fillets rosti only	147	7.4	1.5	15.9	2	2.7	3.1	1.0
Ricotta, Red Pepper and Cheddar Tart	664	35.8	18.8	61.1	17.2	7.9	26.7	2.1
Ricotta, Red Pepepr and Cheddar dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2
Roasted Aubergine, Lentil and Chickpea Dhal without flatbread	543	29.9	11.1	61	46.4	6.3	11.8	3.6
Roasted Aubergine, Lentil and Chickpea Dhal flatbread only	152	4.3	0.8	23.6	0.6	0	4	0.8
Seared Salmon Salad	728	53.6	8	19.2	16.5	1.5	38.3	1.8
Steak & Chips	785	54.3	15.4	37.1	0.6	4.5	39.5	3.3
Steak, Egg & Chips	950	66	18.5	37.1	0.6	4.8	54.7	2.7
Thai Green Chicken Curry without rice	563	42.1	10.8	20.4	15.9	4.1	25.4	2.5
Thai Green Chicken Curry rice only	227	1.3	0.9	49.7	0.7	1.3	5	0.5
These dishes can be served with fries or a mixed side salad – see below for dish values and 'Sides' for fries or side salad options								
14oz Ribeye	830	56.9	21.7	0.1	0.1	0.1	80.7	1.1
10oz Sirloin	617	43.3	15.7	0.1	0.1	0.1	57.7	0.9
Flat Iron Steak	694	52.3	12.2	7.9	2.5	3.4	46.7	2.0
Bill's Barbecue Ribs	791	57.2	18	37.7	30.2	1.6	32.8	1.7
Bill's Hamburger	696	40.1	10.9	36.7	9.7	0.3	45.1	3.8
Buttermilk Chicken Burger without Chipotle Mayonnaise	772	50.3	13	40.3	11.3	4.3	39.8	1.3
Buttermilk Chicken Chipotle Mayonnaise side only	216	23	1.6	1.5	1.1	0	0.7	0.3
Fish Finger Sandwich	725	33.6	3.5	67.9	9.4	4.8	38.2	2.3
Halloumi Burger	888	65.2	16.1	51.5	16.5	5.7	24.7	4.4
Lamb Burger without Tzatziki	804	46.3	19.7	55.2	19.8	3.6	43	6.5
Lamb Burger Tzatziki side only	29	2.4	1.2	0.6	0.5	0.1	1.4	0.3

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MAINS								
Sauces for Steaks								
Bearnaise sauce (sauce only)	267	28.7	17.8	0.6	0.4	0	1.6	0.5
Chimichurri sauce (sauce only)	173	16.4	2	4.4	0.8	2	1.4	1.3
Garlic butter (sauce only)	193	21.2	13.6	0.9	0.3	0.2	0.5	0.5
Peppercorn sauce (sauce only)	46	3	1.8	1.9	0.9	0.3	0.7	0.4
SIDES								
Fries	349	17.3	1.4	46.5	0.6	5.7	4.9	2.1
Garlic Mushrooms	180	18	5.8	0.9	0.5	2.2	0.1	0.2
Long Stem Broccoli	121	10.1	5	2.7	1.7	3.1	5.7	1.2
Macaroni Cheese to Share - per person, based on 2 sharing	251	13.2	7.8	21.4	2.4	1	11.6	0.9
Mixed Salad plain	23	0.5	0.1	2.7	2.5	1.3	2	trace
Mixed Salad dressing only	97	10	0.9	0.8	0.8	0	0.1	0.2
Sweet Potato Fries	510	26.4	2.1	68.8	29	7.8	3.3	1.6
Tomato and Onion Salad	86	7.6	1.1	3.9	3.5	1.5	0.8	1.0
PUDDINGS & TEATIME								
Bill's Cream Tea	1164	55.1	30	153.1	95.2	5.3	13.4	2.4
Lemon Meringue Pie Cheesecake	907	57.1	34.8	88.6	79.2	0.9	8.7	1.0
Melting Chocolate Bombe	844	43.6	28.6	99.3	71.2	2.8	10.9	1.0
Strawberry and Mango Eton Mess	538	40.5	25.3	39.6	38.5	1	3.9	0.2
Toasted Teacake served plain	267	3.6	1.2	49	15.5	2.5	0	0.9
Toasted Teacake butter only	260	28.8	18.2	0.2	0.2	0	0.2	0.7
Victoria Sponge	598	38.3	20.2	59.5	43.3	2.2	4.8	1.1
Warm Mini Cinnamon Doughnuts served plain	483	26.3	0	55.2	6.8	1.8	8.2	trace
Warm Mini Cinnamon Doughnuts Salted Caramel and Chocolate Sauces only	166	6.7	4.8	24.8	10.8	1	1.1	0.4
Warm Scones served with jam	562	17	9.8	92.6	50.8	3.1	8.8	1.3
Warm Scones clotted cream only	147	15.9	9.9	0.5	0.5	0	0.4	trace
Puddings below include a scoop of ice cream - see below for options without, and to add, ice cream								
Peach and Raspberry Crumble	638	29.9	16	84.8	33.4	2.7	8.3	1.1
Sticky Toffee Pudding	455	26.3	15	49.7	40.7	2	3.9	0.7
Warm Chocolate Brownie	425	24.6	16.1	44.7	39.4	3.5	4.7	0.3
Ice Cream per scoop (based on Vanilla)	107	6.5	3.9	9.7	9.7	0	2.2	trace

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PUDDINGS & TEATIME								
Salted Caramel and Chocolate Truffles (based on 3 truffles per person)	168	11.5	7.2	13	11.9	0	1.9	0.1
KIDS								
KID'S BREAKFAST								
Kid's Bacon Sandwich	512	28.7	12.7	39.8	0.9	2.5	24	4.1
Kid's Beans on Toast	220	9.2	5.6	27	3.4	3.2	6.3	1.0
Kid's Breakfast	598	42.6	14.9	25.7	3.3	2.1	23.6	3.9
Kid's Eggs on Toast	333	19.9	8.6	19.9	0.5	1.3	19	1.2
Kid's Fruit and Yoghurt	108	2.5	1.5	16.5	15.9	1.2	1.9	0.2
Kid's Pancakes	326	7.4	1.6	57.7	26.2	2.6	7.8	1.2
Kid's Sausage Sandwich	482	26.6	8.2	46.1	2.8	2.6	7.7	2.0
KID'S LUNCH AND DINNER								
Kid's Hummus & Crudites	147	11.5	1.1	6.6	3.3	3.3	3.4	0.4
Kid's Macaroni Cheese	502	26.4	15.6	42.8	4.8	2	23.2	1.8
Kid's Sausage, Mash & Carrots with Gravy	516	35.3	4.8	29.6	7.3	3.6	3.6	2.6
Main Dishes below can include fries - see below for options without, and to add, fries								
Kid's BBQ Ribs	305	17.9	5.9	8.1	6.3	1	26	1.0
Kid's Chicken Fillet Burger	365	11.5	2.8	39.5	10.3	2.1	27.6	1.5
Kid's Cod Fish Fingers	271	9.2	1.1	22.3	5	4.2	25.3	0.4
Kid's Minute Steak	359	20.5	8.6	5.4	1.1	2.6	38.5	0.4
Kid's Fries option	175	8.6	0.7	23.3	0.3	2.9	2.5	1.1
KID'S PUDDINGS								
Ice Cream per scoop (based on Vanilla)	107	6.5	3.9	9.7	9.7	0	2.2	trace
Warm Chocolate Brownie without ice cream	212	12.3	8.1	22.4	19.7	1.8	2.4	0.2



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SET MENU								
STARTERS								
Spiced Beef Kofta	224	13.6	3.3	22.9	2.2	1.6	7.5	1.2
Asian Chicken Salad	239	15.7	1.3	7.1	5.2	1.7	17.1	0.6
Feta and Watermelon Salad	320	27.1	7.5	10.7	8.3	1	9.2	2.1
Baked Garlic Prawns	601	46	21.5	20.7	1.4	1.3	26.1	1.8
MAINS								
Open Faced Chicken Club Sandwich	970	54	9.3	67.6	10.1	4.2	52.6	4.9
Minute Steak without fries	465	36	13.5	0.3	0.1	0	35.5	1.5
Minute Steak fries only	349	17.3	1.4	46.5	0.6	5.7	4.9	2.1
Dhal without flatbread	551	30.4	11.3	61.9	46.8	6.4	11.9	4.1
Dhal flatbread only	152	4.3	0.8	23.6	0.6	0	4	0.8
Pesto Gnocchi	746	47.5	24.5	59.9	4.8	2.4	10.8	2.2
Crispy Cod Burger without fries	656	33	7	62	17.5	4.4	29.5	1.6
Crispy Cod Burger fries only	349	17.3	1.4	46.5	0.6	5.7	4.9	2.1
DESSERTS								
Buttermilk Pancake Stack	401	14.1	6	59.4	25.2	1.5	9.2	1.3
Warm Chocolate Brownie with Strawberry Sauce	610	35.6	23.4	62.8	54.1	4	7.9	0.6
Strawberry Basil Cheesecake	685	53.5	31.7	46.8	29.1	2.7	6.3	1.2
Ice Cream	214	12.9	7.7	19.3	19.3	0	4.4	0.1