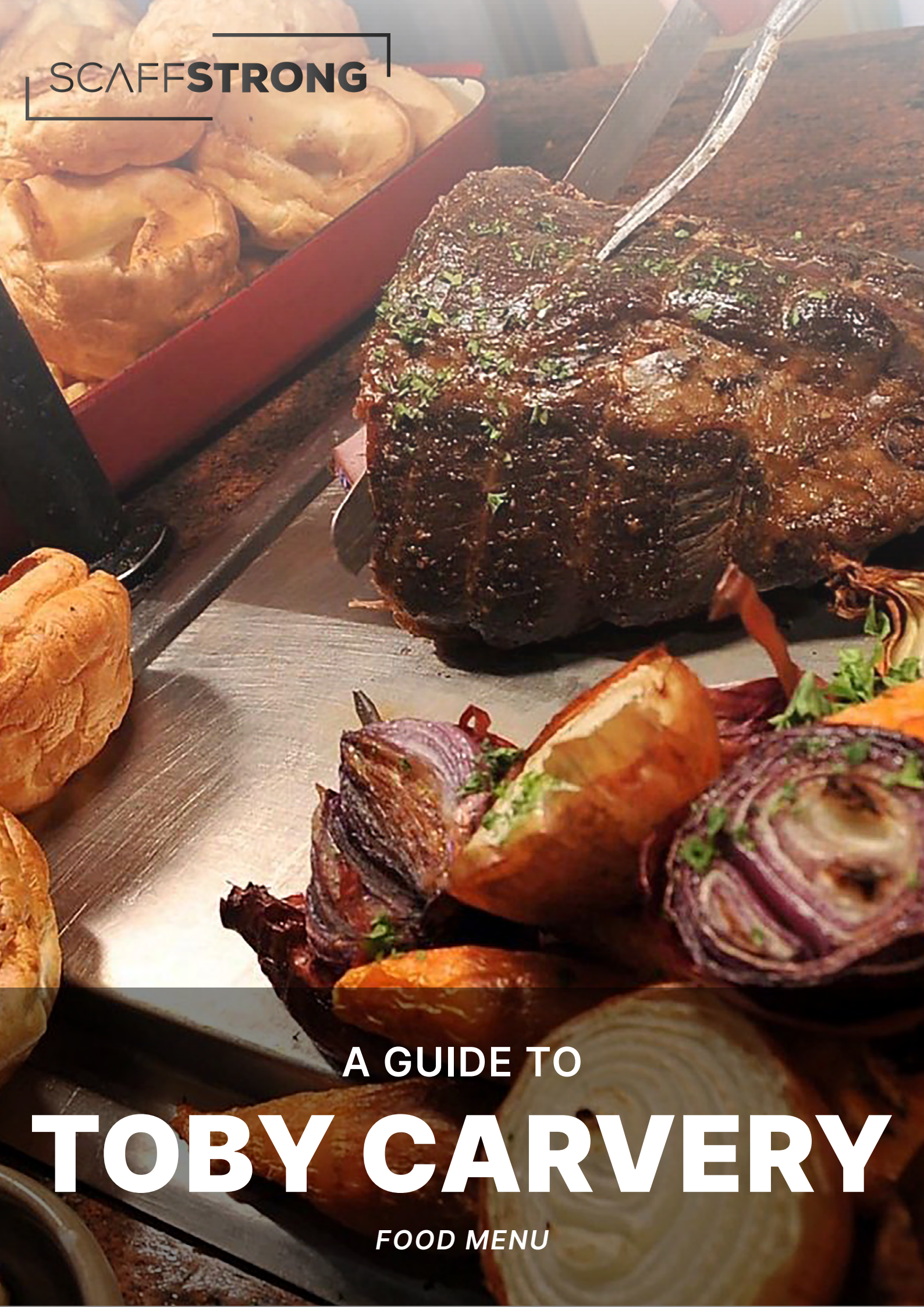




SCAFF**STRONG**

A GUIDE TO
TOBY CARVERY

FOOD MENU

0-300 Calories

300-500 Calories

+500 Calories

BREAKFAST MENU

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon	188	16.5	<0.5	-	<0.5	<0.5	2.6
Baked Beans	76	4.4	12.5	-	5.1	5.1	0.5
Breakfast Gravy	54	0.6	12.6	-	8.6	8.6	1.3
Breakfast Yorkshire Puddings	381	9.8	36.6	-	2.9	2.9	2
Pork Sausages	217	6.8	5.9	-	0.8	0.8	0.9
Quorn Sausages	128	12	10	-	1	1	1
Toast	478	9.2	65.4	-	20.1	20.1	1
Free Range Fried Eggs	143	12.4	<0.5	-	<0.5	<0.5	0.4
Free Range Scrambled Eggs	108	8.7	1.8	-	0.6	0.6	2.5
Diced Potatoes	91	1.9	19.6	-	0.9	0.9	<0.01
Toby's Hand-made Potato, Bacon, Cheese & Onion Hash	102	3.3	16.9	-	1.3	1.3	0.2
Handmade Potato, Cheese & Onion Hash - (Without bacon)	97	2.6	17.8	-	1.4	1.4	0.1
Plum Tomatoes	15	1.1	2	-	1.8	1.8	<0.01
Freshly Roasted Mushrooms	425	0.6	<0.5	-	<0.5	<0.5	0.3
Porridge	243	8	42.8	-	17.9	17.9	0.3
Add fruit compote - Apple, Blackberry & Redcurrant	42	<0.5	10.1	-	8.7	8.7	<0.01
Add fruit compote	82	<0.5	17.7	-	16.1	16.1	<0.01
Add fruit compote	67	<0.5	15.3	-	12	12	<0.01

TOBY TASTERS & STARTERS

Loaded Roast Potatoes	321	8.4	43.1	-	4.4	4.4	1.1
Stuffed Yorkshire Pudding	313	1.5	8.2	-	2.9	2.9	0.6
Spicy Southern Fried chicken Strips	302	20.7	22.2	-	7.1	7.1	1.2
Onion Bites	61	0.6	7.2	-	1.8	1.8	0.1
Hummus	474	11.9	30.3	-	2.4	2.4	1.5
Mini Pigs in Blankets	531	17.6	6.2	-	<0.5	<0.5	2.3
Garlic Mushrooms	228	2.4	1.4	-	<0.5	<0.5	0.5
King Prawn Cocktail	417	19.4	36.7	-	12.9	12.9	1.9
Ciabatta Garlic Bread - Without cheese	364	8.5	45.1	-	1.1	1.1	1.1
Ciabatta Garlic Bread - With cheese	529	18.5	45.9	-	1.1	1.1	1.8
Ciabatta Bread & Lurpak	337	8.5	44.6	-	1.1	1.1	0.9
Soup of the Day	571	12.9	88.7	-	5.5	5.5	11.9

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Taster Platter	1,867	71.5	152.9	-	19.1	19.1	6.6
Sharing Nachos in a Yorkie	1,358	32.7	126.1	-	12.8	12.8	4.7

OUR FAMOUS ROAST CARVERY & VEGETABLE DECK

Roast Turkey	118	13.1	15.2	-	13.1	13.1	0.6
Roast Beef	274	1.1	8.7	-	6.6	6.6	0.9
Roast Gammon	196	8.9	19.4	-	14.7	14.7	1.7
Roast Pork	135	8.3	<0.5	-	<0.5	<0.5	0.1
Roast Lamb	214	17.9	<0.5	-	<0.5	<0.5	<0.01
Apple sauce	103	<0.5	25	-	21	21	<0.01
Classic gravy	23	<0.5	5	-	0.5	0.5	1.1
Bread Sauce	443	7.7	54	-	10.2	10.2	4
Broccoli	39	4.4	1.8	-	1.5	1.5	<0.01
Butternut Squash	467	0.6	3.8	-	2.2	2.2	<0.01
Carrots	31	0.6	4.9	-	4.6	4.6	0.3
Cauliflower Cheese	37	2.7	4.1	-	1.9	1.9	<0.01
Cranberry Sauce	210	<0.5	52.5	-	51	51	<0.01
Deck Veg Garnish - Beef	65	1.1	7.9	-	6.7	6.7	0.2
Deck Veg Garnish - Gammon	57	1.1	11.8	-	11.8	11.8	<0.01
Deck Veg Garnish - Pork	78	<0.5	18	-	13.7	13.7	<0.01
Deck Veg Garnish - Turkey	88	1.8	18.7	-	1	1	<0.01
Deck Veg Garnish - Lamb	215	18.9	19.8	-	11.2	11.2	0.1
English Mustard	194	7.6	18	-	11.9	11.9	9.1
Green Beans	44	1.8	7.4	-	2.1	2.1	<0.01
Horseradish Sauce	178	1.3	21.6	-	17.9	17.9	1.3
Leeks	30	1.6	3.2	-	2.3	2.3	0.3
Mash Potato	99	2	17.5	-	1.2	1.2	0.1
Mint Sauce	45	0.7	9.5	-	7.4	7.4	1
Onions in Roast onion Gravy	61	1.3	12.8	-	6.7	6.7	1
Parsley Sauce (Wales Only)	467	11.4	53	-	16	16	6.5
Honey-roasted Parsnips	163	1.5	11.5	-	10.6	10.6	<0.01
Peas	80	5.6	8.4	-	2.5	2.5	<0.01

0-300 Calories
300-500 Calories
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Pork Crackling	669	6.8	<0.5	-	<0.5	<0.5	0.2
Red Cabbage	79	1.1	16.9	-	16.4	16.4	<0.01
Roast Potatoes	94	1.9	19.5	-	0.9	0.9	<0.01
Beef Dripping Roast Potatoes	111	2	19.5	-	1.4	1.4	0.1
Dumplings in onion gravy	469	6.6	58.7	-	2.5	2.5	2.4
Bubble & Squeak	85	1.9	14.8	-	1.8	1.8	0.1
Roasted Mediterranean Style Vegetables	397	23.6	54.8	-	45.8	45.8	<0.01
Roasted Courgettes With Lemon & Thyme	35	1.6	1.8	-	1.6	1.6	<0.01
Romano Beans	59	1.7	7	-	2	2	<0.01
Sage & Onion Stuffing	204	6.4	37.6	-	3.1	3.1	1.8
Seasonal Cabbage	196	0.9	2.1	-	2	2	0.5
Sprouts	64	3.5	6.7	-	2.4	2.4	<0.01
Swede	7	<0.5	<0.5	-	<0.5	<0.5	0.8
Sweet potato	146	2.6	18.9	-	10.9	10.9	<0.01
Yorkshire Pudding	626	7.6	33.2	-	1.7	1.7	1.6
Potato & Leek Bake	120	1.8	13.3	-	1.5	1.5	0.3
Potato & Parsnip Bake	145	1.8	15.4	-	3.5	3.5	0.3
Potato & carrot bake	121	1.6	13.9	-	2.2	2.2	0.4
Creamed Spinach	41	2.5	3.3	-	1.5	1.5	0.4
Mac & Cheese	100	3.3	14.5	-	2.9	2.9	0.6
Maple flavour Sprouts with Bacon	76	4.5	7.6	-	3.7	3.7	0.2
Mixed Greens - Leek, Cabbage & Peas	591	2.5	4.5	-	2.8	2.8	0.1
Roast Veg & onion gravy	317	2.8	74	-	20.2	20.2	13.6
Wholegrain mustard	213	9.6	10.9	-	3.4	3.4	3.9
Sage & Cranberry Stuffing	340	9.1	67.3	-	3.8	3.8	3.2
Truffle Dauphinoise	112	2	15.7	-	1.1	1.1	0.4
Mash with Chestnut Puree	103	2.1	17.5	-	1.6	1.6	0.1
Mini Corn on the cob	49	2	4.4	-	1.2	1.2	<0.01
Leek Crumble bake	103	3.6	7.2	-	3.2	3.2	0.4
Tomato crumble bake	112	2.5	7.9	-	4.2	4.2	0.3

OUR SALADS & TOBY SPECIALS

Caesar Salad	334	4	3.9	-	2.1	33.1	0.7
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0-300 Calories

300-500 Calories

+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Super Green Salad - With Cheese	145	8.4	15.6	-	8.6	4.2	1.2
Super Green Salad - Without Cheese	127	6.9	15.6	-	8.6	2.8	1.1
Turkey, Avocado & Bacon Salad	497	78.2	7.7	-	6	16.2	2.3
Allotment Pie	352	6	43.6	-	10.2	16.2	1.4
Toby's Roast Beef Burger	1,320	15.6	92.8	-	14.4	97	2.6
Salad choice - Caesar Salad	191	2	2.6	-	1.1	18.9	0.3
Salad choice - Super green with Gran Moravia cheese	83	5	7.9	-	4.3	2.8	0.6
Salad choice - Super green (without cheese)	64	3.5	7.8	-	4.3	1.4	0.6

VEGETARIAN & VEGAN DISHES

Broccoli & Brie Parcel	492	11.3	43.7	-	2.7	29.5	0.9
Lentil & Sage Lasagne	427	13.4	44.9	-	8.4	20.3	3.1
Chilli Non Carne	442	15.8	80.2	-	10.6	4.6	2.3
Roast mushroom & ale pie	761	12.8	70.1	-	6.3	46.7	1.8
Very Vegan Burger	960	35.2	105.1	-	14.3	42.7	5.1
Veggie Toad in the hole	1,073	50.5	117	-	14.7	39.9	5.2
Allotment Pie	352	6	43.6	-	10.2	16.2	1.4

SANDWICHES & WRAPS

Hunters Gammon	501	32.9	10.7	-	10	36.1	5
Roast British Turkey Club	530	77	17.6	-	3.3	16.3	3.2
Roast Beef, Mushroom & Red Onion Chutney	641	1.6	9.1	-	7	66.4	1.2
Roast Pork - (Sandwich filling only)	521	27.7	22	-	7.1	35.6	0.9
Cheese & Chutney	266	13.1	14.2	-	10.8	17.2	1
King Prawn	332	16.8	9.2	-	7.7	25.3	2.1
Side - Mini Pigs in Blankets	531	17.6	6.2	-	<0.5	48.4	2.3
Side - Small super green salad with Gran Moravia cheese	73	4.2	7.8	-	4.3	2.1	0.6
Side - Famous Yorkie and Gravy	168	3.2	14.7	-	0.8	10.5	0.9
Side - Famous Yorkie and Vegetarian roast veg & onion gravy	215	3.6	25.8	-	3.9	10.6	2.9
Side - Small bowl of soup	58	1.1	11	-	1.1	1.1	2.8
Choice - Brown Bread	387	13.4	54.3	-	4.6	11.2	1.3
Choice - White Bap	324	6.4	41.7	-	5	14	1

0-300 Calories
300-500 Calories
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Choice - Wholemeal Bap	246	7	27.3	-	4.2	10.8	0.7
Choice - White Bread	420	11.3	67.1	-	5.8	11.1	1.3
Choice - Ciabatta	293	8.2	44	-	1	9	1
Choice - Yorkshire Pudding	328	6.4	27.9	-	1.4	20.9	1.4

PUDDINGS & SUNDAES

Chocolate Fudge Cake	574	6.4	70.6g	-	53.5	28.9	0.4
Home-baked Treacle Sponge	526	4.5	76.4	-	54.4	20.4	0.5
Apple, Blackberry & Redcurrant Crumble	423	2	70.1	-	41.7	14.8	<0.01
Chocolate & Orange Mousse Cake -	319	5.2	40.4	-	32.4	14.2	0.2
Belgian Chocolate & Raspberry Fondant	584	5.7	79.8	-	55.5	25.9	0.3
Apple Pie	246	2.5	34.8	-	13.2	10.3	<0.01
Choice - Soya Custard	80	3	13	-	10	1.7	0.1
Choice - With Freshly whipped cream	148	0.8	1.2	-	1.2	15.6	<0.01
Choice - With Dairy Ice Cream	115	3.2	14.2	-	14.2	5	0.1
Choice - With Custard	135	4.5	22.5	-	16.5	3	0.2
Home-baked Sponge of the week - Apricot	406	4.7	46.7	-	25.4	20	0.5
Home-baked Sponge of the week - Rhubarb	410	4.6	47.5	-	26.2	20	0.5
Home-baked Sponge of the week - strawberry	407	4.7	46.7	-	26.2	20.1	0.5
Home-baked Sponge of the week - cherry	399	4.7	44.7	-	26.2	20.1	0.5
Home-baked Sponge of the week - rolo toffee	509	4.8	64.3	-	26.2	23.7	0.5
Three Little Puds	1,145	12.8	165.5	-	26.2	45.6	0.9
Raspberry Arctic Roll	418	4.3	49.1	-	26.2	22.3	0.3
Baked Vanilla Cheesecake	782	7.4	86.9	-	26.2	44.7	0.6
Honeycomb Dream Sundae	423	7.4	67.8	-	26.2	13.5	0.6
Cookie Dough Sundae	503	8.6	78.3	-	26.2	16.9	0.4
Chocolate & Toffee Sundae	454	7.8	68.4	-	26.2	16.3	0.3
Mango & Passion Fruit Blizzard Sundae	385	8.4	65.5	-	26.2	9.8	0.6
Dairy Ice Cream	213	5.4	25.5	-	26.2	9.9	0.2
Trio of Sorbet	453	2.6	79.7	-	26.2	13.1	0.3
Sauce choice - Strawberry Sauce -	57	<0.5	14.2	-	26.2	<0.5	0.5
Sauce choice - Devon cream toffee sauce	64	<0.5	13.4	-	26.2	1.2	<0.01

0-300 Calories
300-500 Calories
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sauce choice - Belgian Chocolate Sauce	58	<0.5	13.4	-	26.2	<0.5	<0.01
Sauce Choice - Sicilian Lemon Sauce	55	<0.5	12.9	-	26.2	<0.5	<0.01
Sundae Topping - Marshmallows -	50	0.6	11.9	-	26.2	<0.5	<0.01
Extra Flake	44	0.7	4.6	-	26.2	2.6	<0.01
Extra Wafer	8	<0.5	1.6	-	26.2	<0.5	<0.01
Home-baked chocolate chip cookie	256	2.4	32.8	-	26.2	12.6	0.4
Sundae Topping - Oreo Crumb	97	1	13.8	-	26.2	4	<0.01
Mini pudding - Chocolate Brownie Pieces	259	3.3	12.9	-	26.2	21.2	0.3
Strawberries & Ice Cream -	167	4.6	24.4	-	26.2	5.2	0.1
Strawberries & Cream	200	2.1	11.4	-	26.2	15.7	0.1

CHILDREN'S MENU

Heinz™ Tomato Soup - Reduced salt. Served with wholemeal bread.	226	8.3	38.1	-	8.9	3.4	1.3
Veggie Sticks & Cheesy BBQ Dip	106	2g	19.2	-	15.5	1.8	0.5
Mini Prawn Cocktail	300	16.8	31.1	-	5.7	11	1.5
Garlic Bread	182	4.2	22.5	-	0.5	8.1	0.6
Baby's Chicken Dinner	123	4.6	13.4	-	3	5	0.1
Sausages & Giant Yorkshire Pud	327	8.1	17.8	-	0.9	24.7	1.2
Quorn Sausages and Giant Yorkshire Pud	292	15.2	23.9	-	1.7	14.2	1.7
Mac & Cheese	150	5	21.8	-	4.4	4.6	0.9
Chicken Nuggets	190	15.7	21.2	-	8.2	4.7	1.2
Spaghetti Bolognese	233	13.8	27.3	-	4.3	7	0.6
BBQ Chicken burger	370	19.1	60.2	-	15.8	5.1	1.5
Side - Baked Beans	76	4.4	12.5	-	5.1	<0.5	0.5
Side - Veg Sticks	31	0.9	4.9	-	4.7	<0.5	0.1
Side - Mini corn on the Cob	58	2.8	6.3	-	1.7	1.5	<0.01
Dairy Ice Cream	179	4.5	21.3	-	21.3	8.5	0.1
Sauce choice - Strawberry Sauce	57	<0.5	14.2	-	9.6	<0.5	0.5
Sauce choice - Devon cream toffee sauce	64	<0.5	13.4	-	12.2	1.2	<0.01
Sauce choice - Belgian Chocolate Sauce	58	<0.5	13.4	-	11.4	<0.5	<0.01
Sauce Choice - Sicilian Lemon Sauce	55	<0.5	12.9	-	11.3	<0.5	<0.01
Extra Cadbury Flake	44	0.7	4.6	-	4.6	2.6	<0.01

0-300 Calories
300-500 Calories
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sundae Topping - Marshmallows	50	0.6	11.9	-	10.7	<0.5	<0.01
Sundae Topping - Oreo Crumb	97	1	13.8	-	7.4	4	<0.01
Sundae topping - Home-baked chocolate chip cookie	256	2.4	32.8g	-	19.4	12.6	0.4
Sundae topping - Honeycomb piece	78	<0.5	19.6	-	17.2	<0.5	0.4
Make your own sundae	281	4.3	52.2	-	48.8	6.1	0.5
Chocolate Heaven Sundae	362	7	45.5	-	36.4	16.6	0.4
BEAR Strawberry Yoyos	56	<0.5	12.7	-	7.6	<0.5	<0.01
Bramley apple with cinnamon crumble (Subject to site availability)	359	5.5	59.8	-	37.8	10.4	0.2
Apple, Blackberry & Redcurrant Crumble	379	5.6	65.5	-	44.3	10.4	0.2
Pip Organic lolly	20	<0.5	5	-	4.8	<0.5	<0.01

SPECIALS (SUBJECT TO SITE AVAILABILITY)

Chicken Wings	387	33.5	21.7		14	18.4	2
Chilli Cheese Parcels	376	11.5	32.3		2.9	22.2	0.9
Salmon En Papillote	368	28.3	5.6		4.1	25.4	1.5
Mash with Chestnut Puree	103	2.1	17.5		1.6	2.3	0.1
Toby's Ploughman's	1268	60.5	74.4		23.3	79.7	11.1
Grilled Aubergine Stack	150	5	23.6		9.7	3.9	1.6
Root vegetable roast	347	6.1	38.5		15.5	18.7	1.3
Lemon Tart	628	7	64.1		45.3	37.9	0.2
Summer Pudding	331	5.2	64.7		39.3	5	0.5
Millionaire Chocolate Brownie	896	13	123.9		88.8	38.6	0.4
Baileys Profiteroles	490	4.6	31.1		21.8	38.4	0.1
Knickerbocker Glory	543	9.4	69.8		63.4	24.9	0.8
Best of British Sundae	588	10.8	74.5		50.6	27	1.3
Cauliflower Cheese	59	2.8	6		1.7	2.3	0.4
Parsnips with marmalade glaze	125	1.6	11.5		10.4	5.9	<0.01

