

Menu Nutritional Analysis for Additional Lines Secondary

Core Menu Autumn Winter 2024/25

Filter



Dishes	44 of 44	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		211	461	18.4	2.2	59.9	4.0	18.6	4.9	0.5
Bright & Light Chicken Pasta Salad SEC			23.1%	26.3%	11.2%	23.0%	4.5%	37.1%	-	8.7%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		271	161	10.3	2.2	9.1	7.0	8.4	4.2	0.5
Big Bowl Crunchy Ranch & Egg Salad SEC			8.1%	14.7%	10.8%	3.5%	7.7%	16.9%	-	8.4%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		69	331	16.2	3.6	44.0	23.3	3.0	1.9	0.3
Brookie (Brownie & Cookie) SEC			16.6%	23.1%	17.9%	16.9%	25.9%	5.9%	-	4.6%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		261	240	17.5	2.3	14.1	3.7	8.6	3.4	0.5
Nicoise Big Bowl SEC			12.0%	24.9%	11.5%	5.4%	4.1%	17.1%	-	7.6%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		123	90	3.7	0.3	10.9	4.6	3.5	3.6	0.0
Big Bowl Smoky Mexican Bean Chopped Salad SEC			4.5%	5.3%	1.6%	4.2%	5.1%	6.9%	-	0.5%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		184	400	9.2	3.9	70.7	6.3	13.9	3.8	0.8
Hot Pasta Pot with Homemade Tomato Sauce & Cheese HD			20.0%	13.1%	19.3%	27.2%	7.0%	27.9%	-	13.0%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		74	150	6.7	3.1	19.4	13.9	3.0	0.2	0.2
Strawberry Trifle Pot SEC			7.5%	9.6%	15.4%	7.5%	15.5%	6.0%	-	2.9%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		190	154	8.7	1.8	5.1	3.2	13.6	1.5	1.4
Big Bowl Coconut Chilli Chicken Salad SEC			7.7%	12.5%	9.0%	2.0%	3.6%	27.3%	-	22.6%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		208	172	6.0	0.5	21.1	5.0	7.2	5.9	0.2
Big Bowl Squash, Roasted Vegetable & Chickpea Salad SEC			8.6%	8.6%	2.7%	8.1%	5.6%	14.5%	-	3.2%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		190	185	12.1	1.9	5.2	3.4	13.8	1.2	1.0
Tikka Chicken & Mint Yoghurt Salad Big Bowl SEC			9.2%	17.2%	9.7%	2.0%	3.7%	27.6%	-	17.4%
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		340	398	13.0	7.2	60.9	2.9	12.7	6.0	1.0
Jacket 50 & Grated Cheese HD			19.9%	18.5%	35.9%	23.4%	3.3%	25.5%	-	16.5%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		74	314	13.5	4.5	42.4	22.6	4.5	3.3	0.1
Flapjack SEC			15.7%	19.3%	22.6%	16.3%	25.1%	9.0%	-	2.4%

Dishes	44 of 44	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	50	250	13.1	1.2	31.3	17.6	2.2	1.7	0.2	
Vegan Chocolate Brownie SEC		12.5%	18.7%	6.0%	12.0%	19.6%	4.3%	-	2.5%	
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	222	347	7.1	1.1	56.0	9.0	13.5	4.2	1.3	
Veggie Thai Style Noodles SEC		17.4%	10.2%	5.6%	21.5%	10.0%	26.9%	-	21.1%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	229	193	8.4	0.8	18.2	3.8	9.2	5.8	0.2	
Harissa Roasted Cauliflower & Chickpea Salad Big Bowl SEC		9.6%	12.1%	3.8%	7.0%	4.3%	18.3%	-	3.5%	
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	93	210	16.0	9.2	13.8	6.4	3.7	0.6	0.5	
Key Lime Cheesecake SEC		10.5%	22.8%	46.0%	5.3%	7.2%	7.3%	-	8.6%	
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	164	326	2.8	0.3	69.6	6.2	10.4	3.8	0.3	
Hot Pasta Pot with Homemade Tomato Sauce		16.3%	4.1%	1.6%	26.8%	6.9%	20.8%	-	5.0%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	170	312	20.0	2.3	21.0	2.6	13.5	7.9	0.2	
Big Bowl Super Food Green Salad		15.6%	28.6%	11.3%	8.1%	2.9%	26.9%	-	2.5%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	Not configured									
Korean Cucumber, Edamame & Glass Noodle Salad HOLP										
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	106	244	10.8	4.0	34.4	23.0	2.9	1.4	0.3	
Golden Syrup & Apple Sponge		12.2%	15.5%	20.1%	13.2%	25.6%	5.8%	-	4.4%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	176	116	4.8	1.4	4.4	3.2	13.9	1.3	1.1	
Big Bowl Jerk Chicken & Pineapple Salad SEC		5.8%	6.9%	7.0%	1.7%	3.5%	27.8%	-	18.3%	
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	80	202	7.0	3.3	32.2	18.9	2.9	1.3	0.2	
Chocolate Banana Cake SEC		10.1%	10.0%	16.3%	12.4%	21.0%	5.9%	-	3.2%	
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	400	333	0.7	0.2	71.6	6.3	10.5	10.1	0.6	
Jacket 50 & Baked Beans HD		16.7%	1.0%	0.9%	27.5%	7.0%	21.1%	-	9.7%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	161	446	13.7	1.2	64.8	5.4	14.5	9.4	1.1	
Falafel & Pomegranate Cous Cous Salad Big Bowl SEC		22.3%	19.6%	5.8%	24.9%	6.0%	29.0%	-	18.9%	
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	104	242	9.9	3.7	35.7	16.9	2.8	2.1	0.0	
Apple Crumble		12.1%	14.2%	18.4%	13.7%	18.8%	5.6%	-	0.6%	
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	206	428	10.8	3.2	69.6	6.2	18.3	3.8	0.4	
Hot Pasta Pot with Homemade Bolognese Sauce		21.4%	15.5%	16.1%	26.8%	6.9%	36.6%	-	6.4%	
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	420	361	8.5	0.7	65.5	7.5	7.4	9.1	0.5	
Jacket Potato & Slaw SEC		18.0%	12.2%	3.7%	25.2%	8.4%	14.9%	-	7.8%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25	161	446	13.7	1.2	64.8	5.4	14.5	9.4	1.1	
Quinoa & Feta Superfood Salad Big Bowl SEC		22.3%	19.6%	5.8%	24.9%	6.0%	29.0%	-	18.9%	

Dishes	44 of 44	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		370	366	6.8	3.7	66.2	4.6	11.6	8.1	0.8
Jacket 50, Baked Beans & Grated Cheese HD			18.3%	9.8%	18.4%	25.5%	5.2%	23.3%	-	13.1%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		75	352	19.3	7.4	42.4	12.7	3.3	1.5	0.4
Shortbread SEC			17.6%	27.6%	37.0%	16.3%	14.1%	6.7%	-	6.6%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		196	377	9.7	2.3	50.1	5.0	20.5	0.9	2.3
Chicken Chow Mein Noodles SEC			18.9%	13.8%	11.4%	19.3%	5.6%	41.0%	-	37.7%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		66	188	5.9	2.9	30.9	22.5	2.8	0.9	0.4
Sticky Toffee Pudding			9.4%	8.4%	14.3%	11.9%	25.0%	5.6%	-	6.3%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		80	267	10.8	7.8	40.5	37.9	2.1	1.1	0.1
Toffee Sauce SEC			13.4%	15.4%	38.8%	15.6%	42.1%	4.2%	-	1.9%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		Not configured								
Big Bowl - Greek Salad SEC										
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		85	354	16.7	6.8	47.0	31.1	4.2	0.7	0.2
White Choc Blondies SEC			17.7%	23.8%	34.2%	18.1%	34.5%	8.4%	-	3.0%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		75	351	19.6	7.6	40.8	12.7	3.7	2.3	0.4
Chocolate Shortbread SEC			17.6%	27.9%	37.8%	15.7%	14.1%	7.4%	-	6.3%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		96	350	17.0	6.4	45.4	29.6	4.2	0.8	0.4
Lemon Drizzle Cake			17.5%	24.3%	31.8%	17.5%	32.9%	8.4%	-	5.9%
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		390	373	6.0	0.5	60.3	3.1	22.3	6.2	1.0
Jacket Potato & Tuna SEC			18.6%	8.5%	2.7%	23.2%	3.4%	44.6%	-	17.0%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		75	352	19.4	7.5	41.6	12.7	3.5	1.9	0.4
Black & White Shortbread Cookies SEC			17.6%	27.8%	37.4%	16.0%	14.1%	7.0%	-	6.5%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		91	80	1.7	1.0	12.2	8.0	3.4	1.0	0.1
Chocolate Custard SEC			4.0%	2.5%	5.0%	4.7%	8.9%	6.8%	-	1.4%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		107	235	10.9	4.3	29.2	20.5	5.4	0.5	0.5
Baked Cheesecake SEC			11.8%	15.6%	21.5%	11.2%	22.7%	10.8%	-	8.1%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		190	246	18.2	3.5	5.2	3.3	16.0	1.8	0.6
Chicken Caesar Salad Big Bowl SEC			12.3%	26.0%	17.4%	2.0%	3.7%	32.0%	-	10.5%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		88	70	1.4	0.8	11.7	8.0	2.7	0.0	0.1
Custard Sec			3.5%	2.0%	4.0%	4.5%	8.9%	5.5%	-	1.4%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25		204	471	14.0	6.0	73.4	6.4	17.9	2.5	0.6
Hot Pasta Pot with Homemade Carbonara Sauce			23.5%	19.9%	30.0%	28.2%	7.2%	35.8%	-	10.1%

