

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 Bright & Light Chicken Pasta Salad SEC	211	461	18.4	2.2	59.9	4.0	18.6	4.9	0.5	
		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 Big Bowl Crunchy Ranch & Egg Salad SEC	271	161	10.3	2.2	9.1	7.0	8.4	4.2	0.5	
		8.1%	14.7%	10.8%	3.5%	7.7%	16.9%	-	8.4%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Big Bowl Smoky Mexican Bean Chopped Salad SEC	163	118	4.0	0.3	15.1	4.6	5.8	6.0	0.0	
		5.9%	5.8%	1.6%	5.8%	5.1%	11.6%	-	0.8%	
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Hot Pasta Pot with Homemade Tomato Sauce & Cheese HD	184	400	9.2	3.9	70.7	6.3	13.9	3.8	0.8	
		20.0%	13.1%	19.3%	27.2%	7.0%	27.9%	-	13.0%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Nicoise Big Bowl SEC	261	240	17.5	2.3	14.1	3.7	8.6	3.4	0.5	
		12.0%	24.9%	11.5%	5.4%	4.1%	17.1%	-	7.6%	
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Brookie (Brownie & Cookie) SEC	69	331	16.2	3.6	44.0	23.3	3.0	1.9	0.3	
		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 Quinoa & Feta Superfood Salad Big Bowl SEC	169	234	12.6	3.5	22.9	5.5	9.0	4.6	0.6	
		11.7%	18.0%	17.4%	8.8%	6.2%	18.0%	-	10.1%	
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Jacket 50 & Grated Cheese HD	340	398	13.0	7.2	60.9	2.9	12.7	6.0	1.0	
		19.9%	18.5%	35.9%	23.4%	3.3%	25.5%	-	16.5%	
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Tikka Chicken & Mint Yoghurt Salad Big Bowl SEC	190	185	12.1	1.9	5.2	3.4	13.8	1.2	1.0	
		9.2%	17.2%	9.7%	2.0%	3.7%	27.6%	-	17.4%	

	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Dishes	44 of 44								
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Big Bowl Squash, Roasted Vegetable & Chickpea Salad SEC	208	172	6.0	0.5	21.1	5.0	7.2	5.9	0.2
		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 Big Bowl Coconut Chilli Chicken Salad SEC	190	154	8.7	1.8	5.1	3.2	13.6	1.5	1.4
		7.7%	12.5%	9.0%	2.0%	3.6%	27.3%	-	22.6%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Flapjack SEC	74	314	13.5	4.5	42.4	22.6	4.5	3.3	0.1
		15.7%	19.3%	22.6%	16.3%	25.1%	9.0%	-	2.4%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Strawberry Trifle Pot SEC	74	150	6.7	3.1	19.4	13.9	3.0	0.2	0.2
		7.5%	9.6%	15.4%	7.5%	15.5%	6.0%	-	2.9%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Vegan Chocolate Brownie SEC	50	250	13.1	1.2	31.3	17.6	2.2	1.7	0.2
		12.5%	18.7%	6.0%	12.0%	19.6%	4.3%	-	2.5%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Key Lime Cheesecake SEC	93	210	16.0	9.2	13.8	6.4	3.7	0.6	0.5
		10.5%	22.8%	46.0%	5.3%	7.2%	7.3%	-	8.6%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Golden Syrup & Apple Sponge	106	244	10.8	4.0	34.4	23.0	2.9	1.4	0.3
		12.2%	15.5%	20.1%	13.2%	25.6%	5.8%	-	4.4%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Veggie Thai Style Noodles SEC	222	347	7.1	1.1	56.0	9.0	13.5	4.2	1.3
		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 Harissa Roasted Cauliflower & Chickpea Salad Big Bowl SEC	229	193	8.4	0.8	18.2	3.8	9.2	5.8	0.2
		9.6%	12.1%	3.8%	7.0%	4.3%	18.3%	-	3.5%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Hot Pasta Pot with Homemade Tomato Sauce	164	326	2.8	0.3	69.6	6.2	10.4	3.8	0.3
		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 Big Bowl Jerk Chicken & Pineapple Salad SEC	176	116	4.8	1.4	4.4	3.2	13.9	1.3	1.1
		5.8%	6.9%	7.0%	1.7%	3.5%	27.8%	-	18.3%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Korean Cucumber, Edamame & Glass Noodle Salad HOLP	186	180	7.9	0.7	20.8	5.6	7.2	3.6	0.8
		9.0%	11.3%	3.7%	8.0%	6.2%	14.4%	-	13.0%
Big Bowl Salads with Protein SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Big Bowl Super Food Green Salad	170	312	20.0	2.3	21.0	2.6	13.5	7.9	0.2
		15.6%	28.6%	11.3%	8.1%	2.9%	26.9%	-	2.5%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Chocolate Banana Cake SEC	80	202	7.0	3.3	32.2	18.9	2.9	1.3	0.2
		10.1%	10.0%	16.3%	12.4%	21.0%	5.9%	-	3.2%

		Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Dishes	44 of 44									
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Shortbread SEC		75	352	19.3	7.4	42.4	12.7	3.3	1.5	0.4
			17.6%	27.6%	37.0%	16.3%	14.1%	6.7%	-	6.6%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Chocolate Shortbread SEC		75	351	19.6	7.6	40.8	12.7	3.7	2.3	0.4
			17.6%	27.9%	37.8%	15.7%	14.1%	7.4%	-	6.3%
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Jacket 50 & Baked Beans HD		400	333	0.7	0.2	71.6	6.3	10.5	10.1	0.6
			16.7%	1.0%	0.9%	27.5%	7.0%	21.1%	-	9.7%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Chicken Chow Mein Noodles SEC		196	377	9.7	2.3	50.1	5.0	20.5	0.9	2.3
			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 Sticky Toffee Pudding		66	188	5.9	2.9	30.9	22.5	2.8	0.9	0.4
			9.4%	8.4%	14.3%	11.9%	25.0%	5.6%	-	6.3%
Pasta & Noodle Bar SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Hot Pasta Pot with Homemade Bolognese Sauce		206	428	10.8	3.2	69.6	6.2	18.3	3.8	0.4
			21.4%	15.5%	16.1%	26.8%	6.9%	36.6%	-	6.4%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Toffee Sauce SEC		80	267	10.8	7.8	40.5	37.9	2.1	1.1	0.1
			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 Big Bowl - Greek Salad SEC		116	135	11.1	3.4	5.6	2.7	3.9	1.6	1.0
			6.7%	15.9%	17.0%	2.1%	3.0%	7.9%	-	16.3%
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Jacket 50, Baked Beans & Grated Cheese HD		370	366	6.8	3.7	66.2	4.6	11.6	8.1	0.8
			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 White Choc Blondies SEC		85	354	16.7	6.8	47.0	31.1	4.2	0.7	0.2
			17.7%	23.8%	34.2%	18.1%	34.5%	8.4%	-	3.0%
Jacket & Topping Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Jacket Potato & Slaw SEC		420	361	8.5	0.7	65.5	7.5	7.4	9.1	0.5
			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 Falafel & Pomegranate Cous Cous Salad Big Bowl SEC		161	446	13.7	1.2	64.8	5.4	14.5	9.4	1.1
			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 Apple Crumble		104	242	9.9	3.7	35.7	16.9	2.8	2.1	0.0
			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 Hot Pasta Pot with Homemade Carbonara Sauce		204	471	14.0	6.0	73.4	6.4	17.9	2.5	0.6
			23.5%	19.9%	30.0%	28.2%	7.2%	35.8%	-	10.1%

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 Chicken Caesar Salad Big Bowl SEC		190	246	18.2	3.5	5.2	3.3	16.0	1.8	0.6
			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 Lemon Drizzle Cake		96	350	17.0	6.4	45.4	29.6	4.2	0.8	0.4
			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 Jacket Potato & Tuna SEC		390	373	6.0	0.5	60.3	3.1	22.3	6.2	1.0
			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 Black & White Shortbread Cookies SEC		75	352	19.4	7.5	41.6	12.7	3.5	1.9	0.4
			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 Baked Cheesecake SEC		107	235	10.9	4.3	29.2	20.5	5.4	0.5	0.5
			11.8%	15.6%	21.5%	11.2%	22.7%	10.8%	-	8.1%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Custard Sec		88	70	1.4	0.8	11.7	8.0	2.7	0.0	0.1
			3.5%	2.0%	4.0%	4.5%	8.9%	5.5%	-	1.4%
Homebake Dessert Line SEC core menu Sept 24 \ Additional Lines Secondary Core Menu Autumn Winter 2024/25 Chocolate Custard SEC		91	80	1.7	1.0	12.2	8.0	3.4	1.0	0.1
			4.0%	2.5%	5.0%	4.7%	8.9%	6.8%	-	1.4%