

Brewhouse Nutrition Report_Oct 26

To support the dietary needs of our students, we provide detailed nutritional information for all meals on the school menu. This data has been calculated using our nutritional analysis system and reflects the ingredients and portion sizes at the time the menu was issued. Please note that data may be subject to change due to product or dish modifications.

There are menu variations across our schools - please use this data alongside your school menu to determine the values of each dish.

DISHES MARKED * HAVE HAD AN AVERAGE TAKEN AS MULTIPLE TOPPINGS AVAILABLE.

If you have any questions or need further assistance, please reach out to our nutrition team at Nutrition@Impactfood.co.uk.

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Bang Bang Chicken Loaded Fries	344	410.1	7.7	65.6	15.8	2.7
Bang Bang Halal Chicken Loaded Fries	344	426.7	9.9	65.6	14.9	2.7
Bang Bang Veggie Loaded Fries	325	392.5	6.8	66.9	11.4	2.7
Banoffee Flips	143	302.1	5.4	54.3	8.0	0.7
Buffalo Chicken Wrap	171	275.3	12.3	25.7	15.0	2.0
Cheese & Onion Slice	127	280.7	14.0	30.5	6.5	0.8
Cheese Cruffin	84	331.3	20.0	26.7	10.3	1.0
Cheesy Bean Ciabatta	230	496.3	11.8	74.2	19.5	2.1
Chicken & Ham Slice	130	378.3	20.8	35.1	10.4	0.9
Chicken Kofta with Warm Greek Style Salad	375	285.6	9.2	28.9	22.6	1.3
Chicken Pesto & Mozzarella Ciabatta	251	536.0	16.8	64.2	32.2	1.8
Chicken Tikka & Chutney Slaw Wrap	241	284.8	10.0	25.8	21.0	1.6
Chickpea Lemon & Cream Cheesecake	197	712.9	38.8	80.8	9.2	0.7
Choco Raisin & Biscuit Squassant	131	591.2	33.2	62.7	8.2	0.9
Chocolate & Beetroot Cake	176	567.1	28.3	69.0	6.9	1.4
Coconut Frangipane	124	526.7	35.5	45.3	5.2	0.4
Falafel & Red Pepper Houmous Wrap	246	276.3	8.7	37.8	8.1	1.5
Fishfinger Subwich	245	483.1	12.8	69.7	19.3	1.7
Gammon & Egg Loaded Hashbrowns	266	376.4	14.7	36.1	23.6	3.5
Garlic Ciabatta Beef Sloppy Joe & House Salad	268	409.8	16.0	43.3	21.6	1.4
Greek Style Quorn Fillet with Warm Salad	326	238.5	7.8	24.6	16.7	1.5
Halal Buffalo Chicken Wrap	171	275.3	12.3	25.7	15.0	2.0
Halal Chicken Kofta with Warm Greek Style Salad	375	285.6	9.2	28.9	22.6	1.3
Halal Chicken Tikka & Chutney Slaw Wrap	241	284.8	10.0	25.8	21.0	1.6
Halal Garlic Ciabatta Beef Sloppy Joe & House Salad	268	429.8	18.4	43.3	21.2	1.4

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Halal Mexican Chicken Focaccia	164	247.5	8.9	27.5	15.8	1.0
Halal Pepperoni Focaccia	101	245.4	12.3	25.0	10.4	1.1
Halal Piri Piri Chicken & Jalapeno Wrap	184	222.0	8.4	15.2	20.2	1.3
Halal Pizza Pie Pepperoni	227	511.2	13.6	75.4	20.2	2.4
Halal Tex Mex Beef Burritos	379	491.6	15.5	63.8	22.6	0.8
Halal Tex Mex Lamb Burritos	379	506.3	17.3	64.1	22.3	0.8
Millionaires Shortbread	107	486.3	26.3	56.9	4.9	0.4
Hot Lemon & Thyme Chicken & Stuffing Baguette with Gravy Dip	347	578.8	14.8	76.7	30.8	2.5
Hot Lemon & Thyme Halal Chicken & Stuffing Baguette with Gravy Dip	347	496.1	3.5	76.7	36.5	2.5
Hot Roast Pork & Stuffing Baguette with Gravy Dip	391	584.9	14.8	80.4	29.3	2.6
Hot Salt & Pepper Chicken & Stuffing Baguette with Gravy Dip	406	597.3	14.9	80.5	31.1	3.2
Hot Salt & Pepper Halal Chicken & Stuffing Baguette with Gravy Dip	406	514.7	3.6	80.5	36.8	3.2
Iced Donut	60	256.8	13.8	29.4	3.2	0.2
Italian Vegetable & Buffalo Mozzarella Focaccia	138	264.0	13.6	25.8	11.1	0.6
Lemon & Cream Cheese Squassant	131	374.6	17.5	46.9	6.8	0.7
Loaded Fries Concept Halal Meat Special*	420	511.1	19.0	55.9	25.5	2.5
Loaded Fries Concept Meat Special*	419	525.6	21.7	54.8	23.9	2.5
Loaded Fries Concept Veggie Special*	363	429.8	14.9	55.3	14.4	2.4
Loaded Halal Chicken Fire Dogs	290	561.6	13.2	86.3	21.1	3.1
Loaded Nachos Concept Halal Meat Special*	340	650.7	29.2	67.0	26.3	2.8
Loaded Nachos Concept Meat Special*	339	665.2	31.9	65.9	24.8	2.7
Loaded Nachos Concept Veggie Special*	283	569.4	25.1	66.4	15.2	2.6
Loaded Pork Fire Dogs	303	577.7	15.9	76.5	28.6	3.0
Loaded Veggie Fire Dogs	290	587.8	17.4	76.2	29.8	3.2
Margherita Focaccia	119	264.8	13.3	25.1	13.1	0.8
Mexican Chicken Focaccia	164	247.5	8.9	27.5	15.8	1.0
Mixed Bean Chilli Burrito	386	424.8	7.3	67.9	17.7	1.1
Onion Bhaji & Slaw Wrap	297	449.9	18.0	58.3	9.9	1.7
Overnight Oats with Chia, Berries & Cocoa	242	380.0	10.6	56.1	11.0	0.2
Pepperoni Focaccia	101	274.5	15.6	24.8	10.6	1.2
Piri Piri Chicken and Jalapeno Wrap	184	222.0	8.4	15.2	20.2	1.3
Pizza Pie Margherita	216	475.7	10.6	75.2	18.2	2.0
Pizza Pie Pepperoni	227	532.8	16.0	75.3	20.3	2.5
Poutine with BBQ Plant Based Pieces	340	432.5	16.2	43.5	23.7	2.4
Poutine with Chipotle Chicken	304	392.9	15.3	36.3	25.5	2.1
Poutine with Halal Chipotle Chicken	304	425.4	19.6	36.3	23.8	2.0
Roast Vegetable, Pesto & Violife Baguette	280	618.5	25.0	82.2	13.1	2.5

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Roast Vegetable, Pesto & Violife Malted Baguette	275	617.3	25.0	81.2	13.7	2.4
Rocky Road	110	541.9	30.6	59.8	5.1	0.7
Tex Mex Beef Burritos	379	462.8	11.9	63.8	23.3	0.9
Tex Mex Lamb Burritos	379	505.1	17.4	63.8	22.1	0.9
The Ultimate Ham & Cheese Toastie	249	625.1	24.7	67.3	31.7	3.2
Tomato, Mozzarella & Basil Baguette	261	565.8	20.9	68.7	25.3	1.9
Tomato, Mozzarella & Basil Baguette Malted	256	564.6	20.9	67.7	26.0	1.8
Triple Cheese Toastie	211	580.4	23.4	67.1	23.6	2.6
Vegan Apple & Cinnamon Bircher	350	539.6	6.3	103.2	12.7	0.0
Victoria Sponge	135	563.0	31.6	64.3	5.2	0.9
White Chocolate & Cranberry Squassant	99	440.8	22.2	52.8	6.2	0.6
Bacon Baguette	225	495.1	14.0	64.5	26.9	3.5
BBQ Crispy Chicken Open Wrap	236	423.1	16.0	48.3	18.9	2.0
Halal Harissa Chicken & Houmous	51	93.5	1.6	13.5	6.0	0.4
Ham Salad	44	79.2	2.1	11.6	3.6	0.4
Harissa Chicken & Houmous	51	93.5	1.6	13.5	6.0	0.4
Mozzarella Tomato Pesto Mayo	47	103.9	4.4	11.7	4.3	0.3
BBTI Tuna With Lemon Mayonnaise	53	96.4	3.1	11.8	4.9	0.4
Vegan Onion Bhaji & Mango Chutney	70	119.1	3.8	17.8	2.7	0.5
Breakfast Pancake Maple Syrup	100	252.8	2.3	54.8	4.0	0.6
Breakfast Wrap - Meat	176	368.4	22.1	21.4	20.8	2.4
Breakfast Wrap - Veggie	162	328.2	17.2	25.6	15.0	1.6
Cajun Tuna & Red Pepper Pasta Pot	286	479.8	9.9	71.8	23.9	2.5
Cereal & Milk 8oz	150	156.1	2.3	27.2	6.2	0.3
Cheese & Bacon Bagel	218	542.5	24.2	49.5	31.6	3.6
Cheese & Tomato Bagel	178	384.8	11.7	51.5	19.8	1.3
Cheese Salad Pot	175	226.1	17.3	3.5	15.9	1.0
Cheese Salad Sub	205	379.0	12.9	49.1	17.1	1.2
Chicken & Sweetcorn Pasta Pot	274	519.0	14.7	71.5	23.4	1.1
Chicken Caesar Baguette	250	552.5	15.2	67.8	33.9	2.0
Chicken Caesar Baguette Malted	245	551.3	15.1	66.8	34.5	1.9
Chicken Caesar Salad	262	345.5	23.0	11.2	22.8	1.1
Chicken Salad Pot	165	73.9	0.9	3.0	15.4	0.3
Chinese Style Fried Rice	272	431.0	16.6	60.0	8.2	1.1
Chipotle Roasted Squash & Chickpea Salad	357	284.2	6.7	38.8	10.2	1.5
Coronation Chicken Bloomer	192	393.9	11.5	45.2	25.8	1.4
Coronation Chicken Malted Bloomer	192	378.8	11.4	41.6	25.8	1.6

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Coronation Chickpea Bloomer	154	298.4	4.9	49.1	10.8	0.8
Coronation Chickpea Bloomer Malted	154	283.5	4.8	45.6	10.7	1.0
Crispy Katsu Chicken Open Wrap	233	476.6	15.0	65.2	19.5	2.4
Dropped Pancake with Fruit Toppings	139	284.9	7.5	44.4	9.0	1.5
Fruit Salad Pot 4oz	69	31.5	0.1	7.1	0.3	0.0
Garlic & Chilli Noodles	332	539.1	20.9	77.6	12.2	3.9
Garlic & Chilli Noodles with Spicy Vegetable Gyoza	341	502.0	12.0	86.3	14.1	4.3
Grape Pot 4oz	64	42.4	0.1	9.9	0.3	0.0
Halal Chicken Pesto & Mozzarella Ciabatta	251	536.0	16.8	64.2	32.2	1.8
Halal BBQ Crispy Chicken Ranch Open Wrap	236	423.1	16.0	48.3	18.9	2.0
Halal Breakfast Wrap - Meat	133	291.9	15.5	26.5	10.8	1.4
Halal Chicken & Sweetcorn Pasta Pot	283	532.0	14.9	71.6	26.3	1.2
Halal Chicken Caesar Baguette	250	536.9	14.9	69.1	25.8	2.3
Halal Chicken Caesar Baguette Malted	245	535.7	14.8	68.1	26.5	2.2
Halal Chicken Caesar Salad	262	345.5	23.0	11.2	22.8	1.1
Halal Chicken Salad Pot	165	73.9	0.9	3.0	15.4	0.3
Halal Chicken Sausage (Beef Casing) Salt & Pepper Shake Fries	328	397.6	14.4	51.5	12.7	1.9
Halal Chicken Sausage Baguette	255	554.2	14.4	82.6	20.7	2.7
Coronation Chicken Bloomer	192	393.9	11.5	45.2	25.8	1.4
Halal Coronation Chicken Malted Bloomer	192	363.2	11.1	42.9	17.7	1.8
Halal Crispy Katsu Chicken Open Wrap	233	476.6	15.0	65.2	19.5	2.4
Halal Half Chicken Sausage Baguette	127	277.1	7.2	41.3	10.3	1.3
Halal Homemade Sausage Roll	150	391.5	19.2	42.3	11.7	2.2
Halal Sausage Cheese & Hash Brown Muffin	193	408.1	15.7	49.3	16.2	2.1
Halal Sweet Chilli Chicken Open Wrap	184	225.6	8.4	22.4	13.4	1.2
Hard Boiled Egg Salad Pot	212	133.1	8.2	2.7	14.7	0.4
Homemade Sausage Roll	175	460.5	28.3	37.2	12.6	1.5
Honey & Vanilla Yogurt 4oz	90	71.4	0.3	16.4	0.6	0.0
Hot Pesto Pasta with Roasted Tomatoes	368	518.2	20.4	67.9	15.7	1.2
Korean Glazed Eat Curious Pieces Crunchy Veg & Noodle Salad	341	378.8	7.9	57.8	19.2	4.1
Korean BBQ Quorn Open Wrap	199	265.4	12.8	23.2	10.7	0.8
Lentil & Chickpea Dahl with Crispy Bombay Potatoes	327	222.7	5.9	28.6	10.4	1.1
Mango & Strawberry Yogurt	90	44.7	0.4	9.6	0.6	0.0
Mango & Vanilla Yogurt 4oz	90	44.6	0.4	9.6	0.6	0.0
Maple & Chilli Cauliflower Wings with Cajun Wedges	336	388.9	4.1	77.3	8.1	2.6
Mini Bacon Baguette	113	247.5	7.0	32.2	13.5	1.8
Mini Sausage Baguette	116	247.8	6.0	34.6	12.6	1.0

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Onion Bhaji Skewer with Bombay Potato	524	562.8	24.5	70.4	11.1	1.4
Oreo Style Cookie	57	255.7	14.3	28.1	3.1	0.5
Pineapple Pot 4oz	60	27.6	0.1	6.1	0.2	0.0
Plain Vanilla Yogurt 4oz	70	10.0	0.3	1.2	0.6	0.0
Pork Sausage (Beef Casing) Salt & Pepper Shake Fries	341	533.3	27.7	49.7	15.8	1.8
Protein Pot - Cheese	30	124.2	10.2	0.5	7.5	0.6
Protein Pot - Tuna	42	54.3	1.8	0.3	9.3	0.3
Roast Vegetable, Pesto & Mozzarella Wrap	175	261.3	17.6	13.8	10.8	0.6
Roasted Butternut, Sweetcorn & Chipotle Pasta	473	359.2	6.0	61.3	11.7	0.7
Roasted Vegetable Salad	211	108.7	5.7	10.0	2.6	0.5
Sausage Baguette	233	495.7	11.9	69.3	25.3	2.1
Sausage Cheese & Hash Brown Muffin	186	391.6	15.7	42.8	18.4	1.9
Giant Sausage Roll	103	296.6	17.5	26.8	5.8	1.0
Southern Fried Ranch Quorn Open Wrap	198	259.9	13.1	20.7	11.1	1.6
Spicy Houmous Salad Sub	183	418.8	16.3	52.9	12.1	1.4
Spicy Vegetable & Noodle Salad	255	310.6	7.5	50.3	11.7	3.8
Strawberry Yogurt 4oz	70	10.1	0.3	1.2	0.6	0.0
Sweet Chilli Chicken Open Wrap	170	159.4	4.1	15.8	13.4	1.1
The Big Plant Burger	186	433.6	18.5	33.9	28.1	2.1
Malted Bloomer Toast	50	112.5	0.6	22.0	4.1	0.4
White Toast	50	121.0	0.7	24.0	4.1	0.3
Toasted Buttered bagel	110	288.2	5.2	50.0	9.0	0.8
Toasted Crumpets	60	126.7	4.1	18.7	3.0	0.7
Toasted Teacake	65	180.7	4.7	29.6	4.3	0.5
Toffee & Vanilla Yogurt	80	42.3	1.1	6.7	1.2	0.0
Tuna & Cucumber Bloomer	139	263.4	2.9	43.3	14.8	0.8
Tuna & Cucumber Bloomer Malted	139	248.3	2.8	39.7	14.8	1.0
Tuna Crunch Baguette	264	440.4	5.2	68.3	27.6	1.8
Tuna Crunch Baguette Malted	259	439.2	5.2	67.3	28.2	1.7
Tuna Mayo Salad Pot	206	140.3	6.5	4.0	18.5	1.2
Tuna Melt Ciabatta	216	502.5	14.9	62.5	27.9	2.5
Vegan Korean Noodles Salad	343	499.0	12.6	84.6	15.5	2.7
Vegan Roasted Cauliflower Salad	310	424.0	11.3	56.4	20.0	0.4
Vegan Salt & Pepper Shake Fries	325	362.3	12.0	45.5	12.7	1.2
Vegan Singapore Noodles	248	326.3	2.3	68.2	12.2	1.9
Vegan Tomato & Basil Pasta Salad	265	341.4	2.3	66.8	11.4	0.3
Vegetable Sticks with Houmous	177	161.3	9.1	13.2	4.2	0.5

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Vegetable Sushi with Japanese Slaw	215	311.3	5.0	56.7	6.1	1.0
Vegetarian Sausage Cheese & Hash Brown Muffin	186	405.8	16.9	43.3	18.0	2.1
Plain Waffle	90	387.0	19.8	45.0	6.1	0.8
Watermelon Pot 4oz	62	16.1	0.1	3.5	0.3	0.0