

ALLERGENS TABLE

NAVIGATION LAPWORTH

Brunch	Energy (kcal)
AW22 - OAKMAN - CHOPPED AVOCADO & EGGS	591.30kcal
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO & EGGS	450.30kcal
AW22 - OAKMAN - CHOPPED AVOCADO, BACON & EGGS	788.99kcal
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO, BACON & EGGS	647.99kcal
AW22 - OAKMAN - CHOPPED AVOCADO AND SMOKED SALMON	734.10kcal
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO AND SMOKED SALMON	593.10kcal
OAKMAN - BLT	1,036.19kcal
OAKMAN - SPECIALS - HLT	1,165.06kcal
SPC - CORE - FISH FINGER SANDWICH	965.13kcal

Nibbles and Starters	Energy (kcal)
CORE ESTATE - MARINATED OLIVES	167.83kcal
SPC - CORE - ARTISAN FLATBREAD & HONEY BALSAMIC OIL	554.63kcal
SPC - CORE - ARTISAN FLATBREAD & HONEY BALSAMIC OIL - GLUTEN FREE	172.13kcal
AW22 - OAKMAN - HALLOUMI CHIPS	521.09kcal
SS23 - OAKMAN - BEETROOT FALAFELS	344.11kcal
NEW - AW22 - OAKMAN - CHORIZO SCOTCH EGG WITH PESTO	835.71kcal
SS23 - OAKMAN - BAKED FETA	579.96kcal

Salads	Energy (kcal)
OAKMAN - ADD BEETROOT FALAFELS	161.04kcal
OAKMAN - ADD HALLOUMI	313.00kcal
AW22- OAKMAN - AVOCADO, ROCKET & NEW POTATO SALAD	371.77kcal
CORE ESTATE - CAESAR SALAD	844.92kcal
SS23 - OAKMAN - GLUTEN FREE CAESAR SALAD	414.43kcal
OAKMAN - ADD CHICKEN	172.93kcal

MAINS AND GRILL	Energy (kcal)
CORE ESTATE - FISH AND CHIPS	790.20kcal
OAKMAN - GAMMON, EGG AND CHIPS	988.31kcal
CORE ESTATE - BACON AND CHEDDAR HOUSE BURGER	1,668.67kcal
CORE ESTATE - BACON AND CHEDDAR HOUSE BURGER - GLUTEN FREE	1,666.73kcal
CORE ESTATE - BEETROOT FALAFEL BURGER	777.62kcal
OAKMAN - GLUTEN FREE - BEETROOT FALAFEL BURGER	809.30kcal
SS23 - OAKMAN - RIB EYE STEAK	1,010.16kcal

SIDES	Energy (kcal)
NEW - OAKMAN - CHUNKY CHIPS SIDE	279.67kcal
NEW - OAKMAN - FRENCH FRIES - SIDE	281.96kcal

Sunday Roast	Energy (kcal)
Sunday Roast Chicken SPC2	1,428.02kcal
Sunday Roast Pork SPC2	1,861.83kcal
Sunday Roast - Sirloin Beef - SPC2	1,660.67kcal
Veggie Roast SPC3	1,612.93kcal
Pigs in Blanket SPC2	618.00kcal
Cauliflower Cheese SPC3	269.36kcal

DESSERTS	Energy (kcal)
OAKMAN - TA - CHOCOLATE BROWNIE - CHOCOLATE SAUCE	738.56kcal
CORE ESTATE - SOURDOUGH SPICED STICKY TOFFEE PUDDING	659.95kcal
OAKMAN - VANILLA ICE CREAM	169.00kcal
OAKMAN - CHOCOLATE ICE CREAM	179.00kcal
OAKMAN - STRAWBERRIES AND CREAM ICE CREAM	107.40kcal
OAKMAN - SALTED CARAMEL ICE CREAM	430.00kcal
*OAKMAN - MANGO SORBET	74.00kcal
OAKMAN - RASPBERRY SORBET	0.00kcal
CORE ESTATE - PASTEL DE NATA	184.10kcal
*OAKMAN - AFFOGATO	236.07kcal

KIDS	Energy (kcal)
SPC - SOUTH - LITTLE SAUSAGE ROLLS	292.40kcal
SPC - KIDS - GJA - GARLIC BREAD	283.44kcal
SPC - SOUTH - KIDS FISH BITES	422.67kcal
SPC - SOUTH - Kids Beef Burger	527.52kcal
SPC - SOUTH - Kids Fish Pie	738.35kcal
SPC - Omelette - Kids	328.86kcal
SPC - SOUTH - Chicken Goujons	313.93kcal
SPC - SOUTH - Kids Sausage & Mash	308.80kcal
Kids Roast Chicken SPC2	783.14kcal
Kids Roast Beef SPC2	938.38kcal
Kids Jelly	100.88kcal
GLOBAL - KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE	316.83kcal
Ice Cream with Choc Sauce - Kids	213.68kcal