



NUTRITION SURVIVAL GUIDE TO

FLAMING GRILL

CALORIES AND MACRONUTRIENTS

THECLUBGYM.CO.UK

1-200 CAL

201-300 CAL

301+ CAL

STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Nachos	866	21.5	90.4	-	14.5	44.5	3.74
Garlic Bread	422	7.4	42.6	-	2.3	24	1.05
Garlic Bread with Cheese	521	15.2	42.9	-	2.3	31.5	1.53
Breaded Garlic Mushrooms	651	6.7	51.7	-	7	44.1	3.17
Crispy Chicken Strips	489	23.1	41.1	-	12	22	2.45
Topped Chips - Scampi	716	9.9	87.6	-	2.5	37.1	1.1
Topped Chips - Beef Burnt Ends	693	15.7	85.5	-	13.7	32.5	1.1
Topped Chips - 2 Pork Sausages	894	16.5	82	-	3.7	56.5	1.77
Topped Waffle Fries - BBQ PulledPork & Cheese	800	19	50.9	-	8.1	50.3	2.55
Topped Waffle Fries - Beef BurntEnds	738	17	57.3	-	13.5	41.3	2.65
Topped Waffle Fries - Burger Sauce& Jalapenos	674	5.9	47.8	-	5	43.6	2.63
Bacon Popcorn with BBQ Dip	385	10.8	13.6	-	12	19	5.36
Sports Platter (for 2 or morepeople)	1851	66.6	127.3	-	31.6	108.5	6.12
Ultimate Sharer (for 2 or morepeople)	2513	103.9	144	-	18.6	150.7	8.24
Onion Ring Stacker (for 2 or morepeople)	1700	22	133.4	-	62	113	5.44

WING IT

Chicken Wings x 8	823	58	0	-	0	53.4	1.21
Texan BBQ Sauce	108	1.2	20.4	-	18	0	0
Piri Piri Hot Sauce	29	0.6	3.6	-	2.4	0.6	1.8
BBQ Sauce with Jack Daniels	88	0.6	19.8	-	18	0	0.6
Chicken Wings x 16	1646	116	0	-	0	106.7	2.42
Texan BBQ Sauce	216	2.4	40.8	-	36	0	0
Piri Piri Hot Sauce	58	1.2	7.2	-	4.8	1.2	3.6
BBQ Sauce with Jack Daniels	175	1.2	39.6	-	36	0	1.2

BAR SNACKS

Bar Snacks - Bacon Popcorn withBBQ Dip	385	10.8	13.6	-	12	19	5.36
Bar Snacks - Corn Dogs	668	10	28	-	4	57	1.76

BURGERS

Gourmet Burger	1650	51.8	100.3	-	11.2	115.2	4.77
Flame-Grilled Beef Burger 5	1347	35.4	99.9	-	10.8	90	2.77
Flame-Grilled Beef Burger - XL	1937	57.5	104.3	-	10.8	143.7	4.21
Flame-Grilled Cheese Burger	1387	37.6	100.3	-	11.2	93.2	3.18
Flame-Grilled Cheese Burger - XL	1977	59.7	104.7	-	11.2	146.9	4.63
Flame-Grilled Cheese & BaconBurger	1518	44.3	100.3	-	11.2	104.9	4.48
Flame Grilled Cheese & BaconBurger - XL	2108	66.4	104.7	-	11.2	158.6	5.93
Southern Fried Chicken Burger	1284	39.4	129.4	-	10.5	64.8	4.01
Southern Fried Chicken Burger - XL	1796	65.5	163.2	-	10.5	91.9	6.59

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Signature Stack Burger	2317	69.1	128.2	-	26.6	168	6.68
Gourmet Burger - XL	2240	73.9	104.7	-	11.2	169	6.21
Miso & Hoi Sin Burger	1022	21	145.5	-	30.6	40.3	3.01
Miso & Hoi Sin Burger - XL	1208	28.4	179	-	38.2	42.9	4.17
All American Chicken Burger	1455	48.3	129.8	-	10.9	79.7	5.73
All American Chicken Burger - XL	1967	74.5	163.6	-	10.9	106.8	8.3

CHALLENGES

Tabasco Sauce Wings Challenge	6168	398.7	117.1	-	103	360.4	13.98
Brain Freeze Challenge	3211	52.5	386.5	-	347.7	115.4	2.71

FAJITAS / SIZZLERS

Fajita - 2 Chicken Fillets	1160	69.8	95.1	-	32.9	55.7	5.33
Fajita - 4oz Rump Steak	1126	46.7	90.5	-	32	59.8	4.64
Fajita - Grilled Halloumi	1515	69.7	94.9	-	36.4	95	8.81
Fajita - Grilled Salmon	1419	62.4	90.5	-	32	89.8	4.66

FLAME GRILLED STEAKS

9oz Ribeye Steak	1481	60.1	96.4	-	19.7	97.5	0.64
8oz Sirloin Steak	1280	39.3	96.4	-	19.7	84.3	0.51
8oz Rump Steak	1159	43.1	96.4	-	19.7	69.1	0.52
4oz Rump Steak	979	27.6	96.4	-	19.7	51.8	0.46
10oz Signature Doubled Dipped Ribeye	2102	86.6	146.6	-	54.3	120.8	8.48
Surf, Turf & Cluck	1239	52.7	114.3	-	20.6	61.3	1.79
Surf, Turf & Cluck - XL	1685	88.7	140	-	21.7	88	2.33
8oz Signature Doubled Dipped Sirloin	1853	69.3	141.6	-	51.3	103.1	7.45

FLAMING CHALLENGES

The Big Daddy Burger	4523	141.4	196.4	-	42.3	349	12.63
The Hell Hound	4652	144.2	344.3	-	60.7	294.4	16.92
Mixed Grill Challenge	3582	170.3	218.2	-	30.9	227	10.1
Rib-a-Saurus Challenge	5060	266.5	280.6	-	83.8	314.2	11.88

PUB CLASSICS

Beef Lasagne	781	29.3	53.7	-	10.8	38.3	4.34
Fully Loaded Chicken Strips	1504	42.2	160.1	-	20.1	76.2	4.66
Mac 'N' Cheese	751	24.6	90.7	-	8.3	34.2	4.25
Chicken Tikka	768	43.4	88.6	-	11.4	25.9	3.5
Steak & Ale Pie	1057	30	101.4	-	13.1	60.9	2.82
Mashed Potato	285	6.4	48	-	6.4	6.4	0
Chips	546	4	72	-	2	28	0
Peppered Mushroom Pie	940	17.7	76.9	-	9	61.5	2.39
Mashed Potato	285	6.4	48	-	6.4	6.4	0
Chips	546	4	72	-	2	28	0
Chicken & Bacon Salad	362	47	12.3	-	6	13.8	2.29
Scampi & Chips	958	16.2	106.7	-	5	52.2	1.99

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Garden Peas	60	6	9.4	-	5.1	0.9	0
Mushy Peas	110	6.9	18.4	-	5.8	0	0
Hand-Battered Fish & Chips	1519	45.9	115.8	-	7.8	89.2	1.85
Garden Peas	60	6	9.4	-	5.1	0.9	0
Mushy Peas	110	6.9	18.4	-	5.8	0	0
The Codfather - XL	2335	63.9	219.6	-	11.5	134	5.9
Garden Peas	60	6	9.4	-	5.1	0.9	0
Mushy Peas	110	6.9	18.4	-	5.8	0	0
Hunter's Chicken Skillet	1360	72.5	116.6	-	34.1	67.6	4.67
Hunter's Chicken Skillet - XL	1807	103.6	142.4	-	35.1	92.4	6.7
Flame - Grilled 8oz Gammon Skille	987	37.5	94	-	16.4	55.2	4.11
Pineapple	66	0.5	17	-	17	0	0
Fried Egg	132	7.5	0	-	0	10.4	0.28
Fully Loaded Charcoal Chicken	1643	56.8	167.9	-	24.1	84.6	4.8

SALADS

Sizzling Salad - Grilled Salmon	841	36.4	57	-	31.1	52.7	1.83
Sizzling Salad - Buffalo CharcoalChicken Hot Rocks	901	38.5	82.4	-	28.9	46.9	3.54
Sizzling Salad - BBQ Glazed 4ozRump	612	21	46	-	24.5	32.7	1.67
Sizzling Salad - Grilled Halloumi	671	24.5	59.2	-	33.3	37.9	3.82

SIGNATURE DISHES

Mini Rack of BBQ Pork Ribs	1039	23.1	89.3	-	18.6	66	2.1
BBQ Pork Ribs - XL	1480	39.6	130.1	-	28.5	89.8	3.53
Mixed Grill	1575	75.1	110.4	-	21.2	89.9	4.25
Mixed Grill - XL	2242	131.3	136.9	-	22.3	131.4	6.98
Campfire Combo	2143	88.3	174.5	-	26.4	121.7	4.8
Chick n Mix	-	-	-	-	-	-	-
Lemon & Garlic Sauce	101	0.6	12	-	9.6	4.8	0
Sriracha Sauce	50	0.6	9	-	4.8	1.2	0
Buffalo Sauce	147	0.6	25.8	-	24.6	4.2	0
Texan BBQ Sauce	108	1.2	20.4	-	18	0	0
Coleslaw	184	1	8	-	7	16	0
Garlic Slices	211	3.7	21.3	-	1.1	12	0.52
Mac Cheese	232	10	32	-	2	8	1.77
Onion Rings	547	7.7	39.4	-	13.8	37.7	1.52
Fries	546	6	61.5	-	1.5	31.5	0
Criss Cross Potatoes	592	5.3	43.8	-	1.8	36.8	1.75
Chips	546	4	72	-	2	28	0
Corn	161	3.7	8.4	-	2.2	11.3	0.07
JD BBQ Beans	107	3.7	20.1	-	13.3	0	0.84
Premium Leaf Side Salad	76	0.9	5.4	-	3.2	6.2	0.18
Chicken Kebab Skewer	189	32	5.9	-	3.4	4.2	1.88
Roast Chicken Fillets	179	38.4	4.6	-	0.9	0.7	0.84
Charcoal Chicken Bites	497	33.3	32.8	-	0	26.2	2.46
Chicken Balls	748	37.8	49.3	-	0	39.5	3.75
Louisiana Chicken Strips	417	22.3	27.5	-	0	22	2.04

1-200 CAL

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301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Southern Fried Chicken Skewer	422	26.5	27.8	-	0	22.3	2.11
Smoked Meat Grill	3337	121.8	129.6	-	28.7	258.5	6.63
Sweet & Sour Chicken	1354	48.4	138.4	-	35	64	4.01
Dishes Smoked Brisket Sizzler	1608	70	110.1	-	27.7	98.3	2.73

STEAK SAUCES

Steak Sauce	88	0.6	19.8	-	18	0	0.66
Peppercorn - Steak Sauce	52	1.2	5.6	-	1.6	2.5	0.95
Piri Piri Sauce - Steak Sauce	29	0.6	3.6	-	2.4	0.6	1.8

STEAK TOPPERS

Texan BBQ Wings - Steak Topper	483	29.8	13.6	-	12	26.7	0.96
Hunter's - Steak Topper	302	15.3	13.9	-	12	19.2	2.14
Mini Rack of Ribs - Steak Topper	204	13.9	14.2	-	9.3	10.1	1.31

SUBS OR WRAPS

Grilled Halloumi - Sub / Wrap	426	20.7	28.3	-	22	25.7	3.26
Sub Roll	297	10	57.3	-	3.2	2.6	0.81
Tortilla	227	6.4	36.4	-	2.1	6.2	0.71
Tuna Mayo Melt - Sub / Wrap	260	25.1	5.3	-	3.1	14.7	1.8
Sub roll	297	10	57.3	-	3.2	2.6	0.81
Tortilla	227	6.4	36.4	-	2.1	6.2	0.71
Hunter's Chicken - Sub / Wrap	348	30.7	16.7	-	12.5	16.2	2.39
Sub roll	297	10	57.3	-	3.2	2.6	0.81
Tortilla	227	6.4	36.4	-	2.1	6.2	0.71
BBQ Pulled Pork - Sub / Wrap	225	10.5	10.8	-	8.5	15.6	0.66
Sub roll	297	10	57.3	-	3.2	2.6	0.81
Tortilla	227	6.4	36.4	-	2.1	6.2	0.71

SUNDAY ROASTS

Kids Sunday - Roast Beef	481	34	53.7	-	5.7	15.1	1.55
Kids Sunday - Chicken Fillet	452	32.2	56	-	6.2	11.2	1.61
Sunday Roast - Traditional Beef	806	60.7	85.7	-	10	26.2	2.23
Sunday Roast - Traditional Beef XL	1375	79.4	171.4	-	20.1	43.9	3.69
Sunday Roast - Chicken Fillets	748	57.1	90.3	-	10.9	18.5	2.36
Sunday Roast - Chicken Fillets XL	1317	75.8	176	-	20.9	36.2	3.82
Sunday Roast - PepperedMushroom Pie	1449	30.4	153.2	-	13.9	78.4	3.81
Sunday Roast - PepperedMushroom Pie XL	2018	49.1	238.9	-	24	96.1	5.27
Sunday Roast - Lamb Shoulder	1062	86.7	85.7	-	10	42.3	3.46
Sunday Roast - Lamb Shoulder XL	1631	105.4	171.4	-	20.1	60	4.92
Sunday Roast - Beef Sandwich, Roasties & Gravy	795	57.4	98.3	-	2	20.5	2

UNDER 600 CALORIES

Scampi & Chips - Under 600 Kcal	464	14.1	42.4	-	8.1	25.7	1.93
Calories Mac 'N' Cheese - Under 600 Kcal	516	22	71.7	-	9.1	17.5	3.68

1-200 CAL

- 4oz Rump Steak - Under 600 Kcal
- 8oz Rump Steak - Under 600 Kcal
- 8oz Sirloin Steak - Under 600 Kcal

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
4oz Rump Steak - Under 600 Kcal	286	17.4	7.7	-	5.1	16.3	0.39
8oz Rump Steak - Under 600 Kcal	465	32.9	7.7	-	5.1	33.6	0.45
8oz Sirloin Steak - Under 600 Kcal	586	29.1	7.7	-	5.1	48.8	0.44

201-300 CAL

SIDES

Seasoned Fries	546	6	61.5	-	1.5	31.5	0.3
Chips	546	4	72	-	2	28	0.2
Cheesy Chips	644	11.8	72.3	-	2	35.5	0.68
Waffle Fries	592	5.3	43.8	-	1.8	36.8	1.75
Mac 'N' Cheese	232	10	32	-	2	8	1.77
Grilled Halloumi	266	19.2	2.2	-	2.2	20	2.16
Onion Rings	547	7.7	39.4	-	13.8	37.7	1.58
Garlic Bread	422	7.4	42.6	-	2.3	24	1.05
Garlic Bread with Cheese	521	15.2	42.9	-	2.3	31.5	1.53
Sliced Bread	422	10.9	59.3	-	0.5	14.9	1.38
Corn On The Cob	243	3.7	8.4	-	2.2	20.4	0.12
Coleslaw	184	1	8	-	7	16	0.5
Dressed Side Salad	76	0.9	5.4	-	3.2	6.2	0.18
Naan Bread	345	9.2	61	-	3.6	6	1.27
Seasonal Vegetables	66	4.4	7.1	-	4.7	2.4	0.05
Corn Dogs	668	10	28	-	4	57	1.76

301+ CAL

SIDES / EXTRA'S

Extra Roast Beef	238	42	0	-	0	8.4	0.82
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EXTRA'S

Smoked Streaky Bacon - Extra	132	6.7	0	-	0	11.7	1.3
Bacon - Extra	78	6.8	0	-	0	5.6	1.07
Burger Sauce - Extra	75	0.4	2.8	-	2.4	6.8	0.4
BBQ Pulled Pork - Extra	159	9.8	7	-	6.3	9.8	0.56
Grilled Halloumi Extra	266	19.2	2.2	-	2.2	20	2.16
Beef Burger - Extra	590	22.1	4.4	-	0	53.7	1.45
Southern Fried Chicken Fillet - Extra	513	26.1	33.8	-	0	27.1	2.57
Cheese Slice - Extra	40	2.3	0.4	-	0.4	3.2	0.42
Grated Cheese - Extra	196	15.6	0.6	-	0	15	0.96
Free Range Fried Egg - Extra	132	7.5	0	-	0	10.4	0.28
Pineapple Ring - Extra	66	0.5	17	-	17	0	0
Scampi - Extra	170	5.9	15.6	-	0.5	9.1	0.9
Yorkshire Pudding - Extra	121	6.4	15.4	-	0.9	3.5	0.29
Extra Mash	285	6.4	48	-	6.4	6.4	1.6
Gravy - Extra	1	0	0	-	0	0	0.09
Chicken Fillet x1 - Extra	89	19.2	2.3	-	0.4	0.3	0.43
Extra Charcoal Chicken	331	22.2	21.8	-	0	17.5	1.66
Chicken Fillets x2 - Extra	179	38.4	4.6	-	0.9	0.7	0.85
4oz Rump Steak - Extra	234	15.4	0	-	0	14.8	0.26
Sub Roll / Wrap - Small Chips -Extra	273	2	36	-	1	14	0.1
Extra Garden Peas	60	6	9.4	-	5.1	0.9	0

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Extra Mushy Peas	110	6.9	18.4	-	5.8	0	0.58
Extra Baked Beans	63	3.4	10.2	-	4.3	0	0.51
Extra Ice Cream Scoop	-	-	-	-	-	-	-
Vanilla Ice Cream	97	2.7	13.2	-	13.2	3.6	0.1
Chocolate Ice Cream	99	2.6	13.6	-	13.4	3.6	0.08
Extra Nacho Cheese	75	3.2	4.7	-	1.8	4.8	0.59
Extra Chicken Strips	278	14.9	18.3	-	0	14.7	1.39
Extra Jalapenos	7	0.2	1.2	-	0.8	0	0.48
Extra Onions	54	0.9	5	-	4.1	3.6	0
Extra Sausage	174	6.3	5	-	0.9	14.3	0.78
The Epic Choctastic Sundae	997	13.2	118.4	-	105.7	32.2	0.63
Cherry Bakewell Tart	417	4.9	53.8	-	30.3	19.6	0.36

DESSERTS

Vanilla Ice Cream	97	2.7	13.2	-	13.2	3.6	0.1
Custard	102	3.5	18.4	-	13.8	1.2	0
Chocolate Fudge Cake	601	7.2	80.3	-	64.3	27	1.05
Vanilla Ice Cream New	97	2.7	13.2	-	13.2	3.6	0.1
Chocolate Ice Cream	99	2.6	13.6	-	13.4	3.6	0.08
Bramley Apple Pie	362	3.3	55.6	-	25.9	13.5	0.04
Vanilla Ice Cream	97	2.7	13.2	-	13.2	3.6	0.1
Custard	102	3.5	18.4	-	13.8	1.2	0
Banoffee Pie	726	10.2	81.2	-	68.1	39.5	0.34
Cookie Dough Cheesecake	964	11.5	121.9	-	84.4	47.5	0.85
Chocolate & Coconut Torte	466	7.6	44	-	21	27.5	0.21
Snikkabocker Glory Freakshake	1348	21.7	164.9	-	142.8	67	0.88
Donut Freakshake	881	18.5	93.4	-	74.9	49.2	0.47
Cookie Dough CheesecakeFreakshake	1476	23.5	169	-	130.9	79	1.18
Sticky Toffee Pudding	936	11.4	117.9	-	91.8	45.7	1.16