

**Expires: 10th July 2019**

**CAFÉ ROUGE A LA CARTE NUTRITIONAL MENU**

All nutritional information is provided as a guide and is subject to natural variation.

<b>BREAD &amp; NIBBLES</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Olives	146.0	601.7	12.6	2.1	4.6	0.0	1.3	4.2	3.5
Classic Baguette & Supergreen Pesto	345.2	1454.0	10.7	1.6	50.4	3.5	10.3	3.2	1.5
Classic Baguette & Smoked Harissa Hummous	353.7	1485.5	10.9	1.2	50.7	3.3	10.5	5.4	1.3
Sourdough Flatbread - Garlic Butter	823.5	3449.3	41.6	19.5	94.1	5.0	16.0	4.7	2.5
Sourdough Flatbread - Garlic Butter + Emmental Cheese	920.2	3847.9	51.1	26.1	91.3	4.5	21.5	4.8	2.7
Sourdough Flatbread - Mediterranean	720.3	3021.8	25.0	2.9	101.9	14.7	17.8	7.5	2.5
Sourdough Flatbread - Sobrasada	1017.6	4250.0	54.9	16.8	98.9	9.0	28.2	7.4	3.5

<b>STARTERS</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
King Prawns	302.3	1260.2	16.7	10.5	18.4	2.0	18.4	1.7	2.2
Gluten-Free King Prawns	266.2	1105.8	16.8	10.5	7.5	1.1	16.5	6.5	2.1
French Onion Soup	339.2	1420.4	10.4	5.1	43.1	11.6	15.6	4.8	3.5
Gluten-Free French Onion Soup	303.1	1266.0	10.4	5.1	32.1	10.6	13.6	9.6	3.4
Pea & Mint Tortelloni	227.7	959.1	4.83	0.66	34.64	12.14	8.83	5.11	0.83
Seasonal Soup	248.6	1050.8	3.3	0.5	36.7	4.1	11.2	14.2	1.8
Chicken Liver Pâté	503.8	2094.1	35.2	18.3	36.0	8.2	9.3	2.8	1.4
Gluten-Free Chicken Liver Pâté	467.7	1939.7	35.3	18.3	25.0	7.3	7.3	7.6	1.2
Garlic Mushrooms	253.7	1055.0	13.6	6.5	22.8	1.0	7.6	4.4	0.8
Gluten-Free Garlic Mushrooms	217.6	900.6	13.7	6.5	11.9	0.0	5.6	9.1	0.7
Breaded Camembert	564.4	2346.0	39.4	18.9	31.5	8.7	19.7	2.0	1.3
Devon Crab & Avocado Tian	371.3	1556.1	12.7	2.3	47.5	1.6	14.2	4.6	1.7
Gluten-Free Devon Crab & Avocado Tian	335.2	1401.7	12.8	2.2	36.6	0.7	12.2	9.3	1.5
Sharing Board	1520.0	6320.0	103.2	43.2	76.8	13.6	63.2	15.2	7.1

<b>BAGUETTES</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Steak with frites	892.2	3745.4	33.1	3.7	45.5	5.6	39.3	10.0	3.7
Steak with house salad	565.3	2384.5	12.6	2.2	13.0	7.7	37.7	7.6	1.7
Chargrilled Chicken with frites	902.1	3783.4	32.1	3.2	108.9	3.3	39.4	8.8	4.6
Chargrilled Chicken with house salad	575.2	2422.5	11.6	1.7	76.4	5.4	37.7	6.4	2.6
Vegetable & Halloumi with frites	995.1	4158.6	46.5	13.9	107.3	12.1	31.0	10.6	5.5
Vegetable & Halloumi with house salad	668.2	2797.8	26.0	12.4	74.8	14.3	29.3	8.1	3.5

<b>MAINS</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Poulet Breton	603.3	2512.8	34.5	12.2	37.8	8.0	29.2	12.6	2.1
Beef Bourguignon	548.1	2305.2	13.6	5.5	45.8	7.3	57.6	5.7	4.2
Moules Marinères	987.0	4096.0	77.3	34.5	39.0	3.1	34.1	5.9	4.4
Gluten-Free Moules Marinères	1124.7	4715.8	51.5	6.0	67.3	9.9	95.2	6.6	5.7
Moules Provençales	479.3	1999.4	25.5	2.3	38.9	1.4	20.5	5.4	4.9
Gluten-Free Moules Provençales	1701.3	7126.3	89.4	6.6	88.9	12.6	132.8	7.5	7.1
Demi Poulet with frites	1043.0	4359.5	52.7	10.5	36.6	0.8	103.2	6.6	6.6
Demi Poulet with house salad	716.1	2998.6	32.2	9.0	4.1	2.9	101.6	4.2	4.6
Salmon	576.6	2410.6	37.9	0.6	21.6	2.6	37.6	0.9	1.4
Pea & Asparagus Risotto	515.2	2162.7	16.5	1.9	74.4	5.8	13.1	7.8	3.3
Leffe Beer Battered Fish	755.0	6452.9	43.1	4.1	51.5	1.2	36.1	7.9	3.0
Vegetable Tagine	477.5	2001.5	15.2	1.8	62.5	23.9	14.7	15.7	2.1
Gluten-Free Vegetable Tagine	393.2	1646.4	12.2	1.8	47.7	20.2	11.8	13.3	2.1
Duck Confit with Orange Sauce	426.2	1789.3	19.4	8.2	38.8	12.2	19.4	10.1	2.8
Duck Confit with Cherry Sauce	564.0	2368.0	26.0	9.8	36.8	17.2	43.6	4.8	3.0

<b>LIGHTER BITES</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Niçoise Salad	562.6	2349.0	28.4	6.3	18.0	0.6	53.9	9.3	2.1
Chicken & Avocado Salad	348.0	1453.8	20.9	6.7	6.5	5.2	32.6	1.5	1.4
Summer Salad	270	1112.5	23.5	2.25	8.25	7.5	3.25	6	1.4
<i>Add toppings...</i>	+	+	+	+	+	+	+	+	+
<i>Chargrilled Chicken breast</i>	116.1	486.5	1.3	0	0.5	0.6	27.1	0.13	1.0
<i>Goats' Cheese</i>	120	498.4	9.7	6.7	0.4	0.4	7.9	0	0.5
<i>Smoked Salmon</i>	114.3	474.3	7.4	1.1	0.6	0.6	11.4	0.0	trace
Caesar Salad	464.2	1925.0	39.6	5.1	15.8	4.4	9.9	2.6	2.4
Gluten-Free Caesar Salad	363.3	1500.2	37.0	4.7	1.6	4.0	7.2	2.2	2.0
<i>Add toppings...</i>	+	+	+	+	+	+	+	+	+
<i>Chargrilled Chicken breast</i>	116.1	486.5	1.3	0	0.5	0.6	27.1	0.13	1.0

<b>OMELETTE</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Omelette with house salad	314.1	1306.8	19.4	3.7	12.4	3.0	21.3	2.7	0.5
Omelette with frites	641.0	2667.7	39.9	5.2	44.9	0.9	23.0	5.2	2.5
<i>Your choice of..</i>	+	+	+	+	+	+	+	+	+
<i>Emmental Cheese</i>	71.0	295.3	5.9	3.8	trace	trace	20.3	0.0	0.5
<i>Ham</i>	26.8	113.8	0.5	0.2	0.3	0.3	5.3	0.1	0.5
<i>Smoked Salmon</i>	114.3	474.3	7.4	1.1	0.6	0.6	11.4	0.0	trace
<i>Mushroom</i>	56.9	236.1	4.9	0.4	0.6	0.3	2.7	2.2	0.2
<i>Heritage Tomatoes</i>	14.6	62.6	0.3	0.1	2.7	2.7	0.6	1.1	trace
<i>Spinach</i>	9.2	38.0	0.3	trace	0.6	0.6	1.0	1.0	0.1

<b>STEAK FRITES</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Sirloin with frites	698.8	2918.5	36.1	7.6	36.5	0.6	54.8	5.6	2.6
Sirloin with house salad	371.9	1557.7	15.5	6.1	3.9	2.7	53.1	3.1	0.6
Heart of Rump with frites	609.3	2548.6	26.3	3.2	37.3	0.8	54.2	5.5	2.6
Heart of Rump with house salad	282.4	1187.7	5.8	1.6	4.8	3.0	52.6	3.0	0.6
Ribeye with frites	838.4	3494.1	49.0	14.1	36.4	0.5	60.4	5.7	2.7
Ribeye with house salad	511.5	2133.2	28.4	12.6	3.9	2.7	58.8	3.3	0.7
Fillet with frites	576.6	2415.2	27.4	3.7	36.4	0.6	44.1	5.3	2.3
Fillet with house salad	249.7	1054.4	6.8	2.2	3.9	2.7	42.5	2.8	0.3
<b>Add a sauce...</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>
<i>Add Garlic Butter</i>	65.0	272.5	7.1	4.6	0.2	0.0	0.1	0.0	0.1
<i>Béarnaise</i>	125.5	527.0	12.6	6.6	2.6	0.8	0.6	0.0	0.3
<i>Roquefort</i>	67.2	282.6	5.2	3.1	3.1	0.8	2.0	0.1	0.8
<i>Beef Dripping Merlot Gravy</i>	36.6	153.0	16.2	0.7	4.4	1.2	0.9	0.2	0.5
<i>Peppercorn Sauce</i>	83.4	345.0	5.9	3.5	3.8	1.4	1.1	0.8	0.8

<b>BURGERS</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Chargrilled Chicken Burger with frites	747.2	3124.4	34.3	4.8	70.2	3.5	35.6	7.1	3.9
Chargrilled Chicken Burger with house salad	420.3	1763.5	13.8	3.3	37.7	5.6	33.9	4.7	1.9
Gluten-Free Chargrilled Chicken Burger with house salad	1053.9	4407.4	49.8	17.7	74.8	10.2	72.5	7.8	1.6
Spicy Chickpea Burger with frites	969.1	4053.5	47.9	5.8	107.0	13.4	19.1	17.0	4.2
Spicy Chickpea Burger with house salad	642.2	2692.7	27.4	4.3	74.5	15.5	17.4	14.5	2.2
Rouge Burger	633.6	2643.8	36.0	14.4	37.2	4.6	38.6	3.2	2.7
Black Angus Burger with frites	1005.6	4192.8	58.7	16.1	73.4	5.0	41.8	7.7	4.8
Black Angus Burger with house salad	678.7	2831.9	38.2	14.6	40.9	7.1	40.1	5.3	2.7
Gluten-Free Black Angus Burger with house salad	598.2	2490.7	34.4	12.7	28.9	4.3	36.0	9.4	2.4
<b>Add toppings...</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>	<b>+</b>
<i>Fried Free Range Egg</i>	79.4	330.5	5.8	2.0	0.0	0.0	6.8	0.0	0.2
<i>Smashed Avocado</i>	55.4	228.7	5.7	1.2	0.6	0.2	0.6	1.4	0.1
<i>Sweet Cure Bacon</i>	122.4	510.4	8.4	3.2	1.2	1.2	10.5	0.0	2.4
<i>Camembert</i>	89.4	371.9	6.9	4.4	0.3	0.3	6.6	0.0	0.5
<i>Grilled Halloumi</i>	131.0	543.0	10.2	6.3	0.3	0.3	9.4	0.5	1.6
<i>Portobello Mushroom</i>	10.0	42.3	0.4	0.1	0.3	0.2	1.4	1.1	trace

<b>CROQUES</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Monsieur	503.7	2108.8	21.1	10.8	54.8	1.0	22.2	2.5	3.2
Madame	582.7	2390.3	26.9	12.5	54.8	1.0	29.0	2.5	3.4
Portobello Mushroom	545.9	2284.3	28.6	9.4	50.4	1.1	19.6	4.5	2.5
BBQ Pulled Beef	578.0	2423.1	23.2	11.4	60.0	10.9	30.1	4.0	3.0
Chicken Club	578.0	2420.6	26.4	11.0	51.1	1.7	32.4	3.0	3.2
Camembert & Pancetta	732.6	3055.2	44.8	23.7	52.4	6.1	28.4	2.7	3.4
<b>With Frites</b>									
Monsieur	875.7	3657.8	43.8	12.5	91.0	1.5	25.4	7.1	5.2
Madame	954.7	3939.3	49.6	14.2	91.0	1.5	32.2	7.1	5.4
Portobello Mushroom	917.9	3833.3	51.4	11.1	86.6	1.5	22.8	9.1	4.6
BBQ Pulled Beef	950.0	3972.0	46.0	13.1	96.3	11.3	33.3	8.5	5.1
Chicken Club	950.0	3969.6	49.2	12.7	87.4	2.1	35.6	7.5	5.2
Camembert & Pancetta	1104.6	4604.1	67.6	25.4	88.7	6.5	31.6	7.2	5.4
<b>With Salad</b>									
Monsieur	548.8	2296.9	23.3	11.0	58.5	3.6	23.7	4.6	3.2
Madame	627.8	2578.4	29.1	12.7	58.5	3.6	30.5	4.6	3.4
Portobello Mushroom	591.0	2472.4	30.8	9.6	54.1	3.6	21.2	6.6	2.5
BBQ Pulled Beef	623.1	2611.2	25.4	11.6	63.8	13.4	31.7	6.0	3.0
Chicken Club	623.1	2608.7	28.6	11.2	54.9	4.3	33.9	5.1	3.2
Camembert & Pancetta	777.7	3243.3	47.0	23.9	56.2	8.7	30.0	4.8	3.4

<b>SIDES</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Frites	372.0	1549.0	22.7	1.7	36.3	0.4	3.2	4.5	2.0
Sweet Potato Frites	335.0	1399.0	19.2	1.4	36.4	15.1	2.7	3.1	2.0
Halloumi Frites	513.6	2138.6	35.2	12.3	29.9	2.7	18.5	1.5	2.6
Green Beans	93.1	386.1	7.8	4.9	2.1	1.8	1.8	3.9	<i>trace</i>
Dauphinoise Potatoes	227.4	947.6	11.9	6.8	24.6	1.1	4.1	2.1	0.9
House Salad	45.1	188.1	2.2	0.2	3.7	2.5	1.5	2.1	0.2
Hierloom tomato & Shallot Salad	42.7	174.6	2.1	0.3	1.9	1.7	2.3	2.9	0.0
Tenderstem Broccoli	121.1	497.7	12.1	7.4	0.3	0.1	2.2	1.5	<i>trace</i>

<b>DESSERTS</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carb (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Mousse au Chocolat	340.3	1408.7	27.5	7.4	19.0	14.5	3.2	2.0	0.1
Rhubarb & Ginger Crumble	415.4	1744.5	16.0	5.9	62.2	37.3	3.8	3.8	0.2
Beignets with Salted Caramel Sauce	507.8	2124.3	26.1	13.3	60.7	32.5	7.5	2.7	1.0
Beignets with Dark Chocolate Sauce	516.5	2163.0	23.1	11.6	70.2	26.1	7.1	2.5	1.3
Fondant au Chocolat	562.8	2345.7	32.3	11.7	56.8	42.9	9.0	4.2	0.3
Tarte au Citron	509.4	2134.3	20.5	11.5	74.6	47.1	5.7	1.2	0.2
Crème Brûlée	287.6	1197.5	17.1	6.7	26.5	21.7	5.8	1.9	0.2
Tarte Tatin	432.2	1816.3	19.1	10.6	59.2	15.7	8.8	1.6	1.2
Ice Cream: Vanilla	262.2	1094.3	13.3	6.7	31.4	25.6	3.9	0.7	0.2
Ice Cream: Strawberry	311.9	1300.1	19.6	12.6	30.1	23.2	3.8	0.6	0.1
Ice Cream: Chocolate	367.1	1538.2	17.7	11.2	45.4	36.5	5.6	1.7	0.2
Ice Cream: Salted Caramel	289.6	1208.4	18.6	12.2	27.1	20.2	3.5	0.5	0.3
Lemon Sorbet	154.0	656.6	0.1	0.1	38.6	22.0	0.1	0.1	0.1
Mango Sorbet	165.0	700.8	0.7	0.5	39.3	33.3	0.4	0.1	0.1
Café Gourmand	467.6	1953.9	24.4	14.1	56.8	37.4	4.3	1.5	0.2
Cheese Board with Wafer Biscuits	663.1	2754.0	50.3	32.4	23.5	0.9	28.3	1.3	2.7
Cheese Board with Baguette	742.1	3087.0	49.2	31.7	42.6	1.3	31.9	2.4	3.1