



NUTRITION SURVIVAL GUIDE TO  
**ROOSTERS**

CALORIES AND MACRONUTRIENTS

[THECLUBGYM.CO.UK](http://THECLUBGYM.CO.UK)

1-200 CAL

201-300 CAL

301+ CAL

## GRILLED MEATS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Wings - 6	444	-	-	-	-	13.8	-
Chicken Wings - 10	740	-	-	-	-	23	-
Chicken Strips - 6	442	-	-	-	-	9.49	-
Chicken Strips - 10	736	-	-	-	-	15.82	-
Chicken - 1/4	432	-	-	-	-	9.09	-
Chicken - 1/2	864	-	-	-	-	18.18	-
Chicken - Whole	1728	-	-	-	-	36.36	-
Beef Strips - 6	78	-	-	-	-	1.44	-
Beef Strips - 10	130	-	-	-	-	2.4	-
Butterfly Chicken	349	-	-	-	-	16.9	-

## WRAPS & PITTAS

Chicken - Single	450	-	-	-	-	14.33	-
- With Cheddar Cheese Slice Topping	556	-	-	-	-	22.83	-
- With Halloumi Cheese Topping	532	-	-	-	-	20.58	-
Chicken - Double	717	-	-	-	-	16.66	-
- With Cheddar Cheese Slice Topping	823	-	-	-	-	25.16	-
- With Halloumi Cheese Topping	799	-	-	-	-	22.91	-
Beef - Single	340	-	-	-	-	15.33	-
- With Cheddar Cheese Slice Topping	446	-	-	-	-	23.83	-
- With Halloumi Cheese Topping	442	-	-	-	-	21.58	-
Beef - Double	443	-	-	-	-	18.33	-
- With Cheddar Cheese Slice Topping	549	-	-	-	-	26.83	-
- With Halloumi Cheese Topping	525	-	-	-	-	24.58	-
Lamb - Single	520	-	-	-	-	15.33	-
- With Cheddar Cheese Slice Topping	626	-	-	-	-	23.83	-
- With Halloumi Cheese Topping	602	-	-	-	-	21.58	-
Lamb - Double	689	-	-	-	-	18.33	-
- With Cheddar Cheese Slice Topping	795	-	-	-	-	26.83	-
- With Halloumi Cheese Topping	711	-	-	-	-	24.58	-
Prawn - Single	278	-	-	-	-	8.36	-
- With Cheddar Cheese Slice Topping	384	-	-	-	-	16.86	-
- With Halloumi Cheese Topping	360	-	-	-	-	14.61	-
Prawn - Double	372	-	-	-	-	14.41	-
- With Cheddar Cheese Slice Topping	478	-	-	-	-	22.91	-
- With Halloumi Cheese Topping	454	-	-	-	-	20.66	-
Sweet potato Falafel - Single	311	-	-	-	-	7.8	-
- With Cheddar Cheese Slice Topping	417	-	-	-	-	16.3	-
- With Halloumi Cheese Topping	393	-	-	-	-	14.05	-
Sweet potato Falafel - Double	511	-	-	-	-	15.6	-
- With Cheddar Cheese Slice Topping	617	-	-	-	-	24.1	-
- With Halloumi Cheese Topping	593	-	-	-	-	11.39	-

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## APPETISERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Wings - 4	296	-	-	-	-	9.2	-
Chicken Strips - 4	294.4	-	-	-	-	6.33	-
Beef Strips - 4	52	-	-	-	-	0.96	-
Prawns - 4	52	-	-	-	-	0.36	-
Houmous & Pitta	291	-	-	-	-	24.8	-
Olive Mix	441	-	-	-	-	45.04	-
Grilled Halloumi	162.5	-	-	-	-	12.5	-

## BURGERS

The Big Boss - 4 oz	632	-	-	-	-	17.3	-
The Big Boss - 6 oz	686	-	-	-	-	28.05	-
The Rio Grande - 4 oz	579	-	-	-	-	17.3	-
The Rio Grande - 6 oz	666	-	-	-	-	28.05	-
The Rancher - 4 oz	612	-	-	-	-	17.3	-
The Rancher - 6 oz	666	-	-	-	-	28.05	-
Lamb - 6 oz	698	-	-	-	-	26.55	-
Chicken	502	-	-	-	-	1.67	-
Butterfly Chicken	676	-	-	-	-	33.09	-

## SALADS

Chicken Salad	314.4	-	-	-	-	6.33	-
Chicken Salad With Add extra Beef Patty/Patties - 4 oz	598.4	-	-	-	-	23.63	-
Chicken Salad With Add extra Beef Patty/Patties - 6 oz	723.4	-	-	-	-	34.38	-
Chicken Salad With Add extra Lamb Patty/Patties - 6 oz	620.5	-	-	-	-	29.88	-
Beef Salad	180	-	-	-	-	1.44	-
Beef Salad Salad With Add extra Beef Patty/Patties - 4 oz	464	-	-	-	-	18.74	-
Beef Salad With Add extra Beef Patty/Patties - 6 oz	589	-	-	-	-	29.49	-
Beef Salad With Add extra Lamb Patty/Patties - 6 oz	486.1	-	-	-	-	24.99	-
Greek Salad	182.5	-	-	-	-	12.5	-
Greek Salad Salad With Add extra Beef Patty/Patties - 4 oz	466.5	-	-	-	-	29.8	-
Greek Salad With Add extra Beef Patty/Patties - 6 oz	591.5	-	-	-	-	40.55	-
Greek Salad With Add extra Lamb Patty/Patties - 6 oz	488.6	-	-	-	-	36.05	-

## SIDES

Fries - Regular	516	-	-	-	-	21.92	-
Wedges - Regular	482	-	-	-	-	24.32	-
Rice - Regular	372.6	-	-	-	-	7.13	-
Mixed Side Salad - Regular	136.4	-	-	-	-	12.21	-
Corn on The Cob - Regular	207	-	-	-	-	3.75	-
Coleslaw - Regular	214.8	-	-	-	-	21.5	-
Sweet Potato Fries - Premium	291	-	-	-	-	16.13	-
Roasted Vegetables - Premium	225	-	-	-	-	16.79	-
Tabbouleh Salad - Premium	82	-	-	-	-	5.9	-

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## DESSERTS

	Cal (kcal)	Protein (g)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Fat (g)	Salt (g)
Ice Cream 1 Scoop	104	-	-	-	-	4.08	-
Ice Cream 2 Scoops	208	-	-	-	-	8.16	-
Chocolate Cake Slice	398	-	-	-	-	22.5	-
Chocolate Cake Slice + Scoop	502	-	-	-	-	26.58	-
Apple Pie Slice	161	-	-	-	-	27.2	-
Apple Pie Slice + Scoop	265	-	-	-	-	31.28	-
Blueberry Cheesecake Slice	429	-	-	-	-	26.9	-
Blueberry Cheesecake Slice + Scoop	533	-	-	-	-	30.98	-

## KIDS' MENU

Mini Gourmet Burger	284	-	-	-	-	17.3	-
Chicken Wrap	311	-	-	-	-	10.74	-
3 Chicken Strips	220.8	-	-	-	-	4.74	-
Sweet Potato Falafel Wrap	311	-	-	-	-	7.8	-
Fries	516	-	-	-	-	21.92	-
Rice	372.6	-	-	-	-	7.13	-
Kid's Salad	136.4	-	-	-	-	12.21	-
Corn on The Cob	337	-	-	-	-	3.75	-
Ice Cream	104	-	-	-	-	4.08	-

## Extras

Piri Mayonnaise Dip	210	-	-	-	-	22.8	-
Garlic Mayonnaise Dip	210	-	-	-	-	22.8	-