

Turn 'n Tender

STEAKHOUSE

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Note: The analysis does not include garnish, sides, optional items and condiments.

1) STARTERS

1.1) BILTONG STARTERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Biltong starter	13,8	49,8	38,4	2548,5	3319,5	0
Biltong pâté	5,52	26,17	27,05	1536,46	987,8	1,8
Biltong carpaccio	7,74	33,78	27,26	1744,69	1889,05	0,24
Billy Boy	13,96	27,01	20,51	1501,1	1994,2	0,33
Biltong board	41,02	136,76	113,22	7330,75	8190,55	2,37

1.2) STARTERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Roasted marrow bones	23,63	10,41	76,13	3442,13	593,46	0,95
Squid heads (lemon butter)	7,6	21,93	41,02	2058,88	322,34	0,19
Squid heads (sweet chilli)	25,85	21,5	24,95	1730,98	505,3	0,36
Squid heads (peri peri)	14,09	21,95	24,85	1555,38	611,3	0,16
Calamari (lemon butter)	1,16	26,11	37,98	1899,88	507,59	0,04
Calamari (sweet chilli)	19,41	25,69	21,91	1571,99	690,55	0,22
Calamari (peri peri)	7,65	26,13	21,81	1396,39	796,55	0,02
Chicken livers plain	34,7	53,52	91,51	4893,44	1277,27	1,63
Chicken livers peri peri	35,88	53,79	101,61	5304,82	1277,45	2,06
Focaccia-style bread (small, garlic 'n herb)	68,44	11,79	7,89	1630,97	809,87	3,36
Focaccia-style bread (large, garlic 'n herb)	139,45	24,02	15,91	3316,82	1645,98	6,85
Focaccia-style bread (small, olive oil 'n herb)	66,79	11,47	7,87	1599,83	809,02	3,26
Focaccia-style bread (large, olive oil 'n herb)	136,14	23,38	15,86	3254,54	1644,28	6,64
Focaccia-style bread (small cheese 'n biltong)	67,48	27,82	19,66	2334,78	1366,12	3,56

Focaccia-style bread (large, cheese 'n biltong)	137,52	56,08	39,44	4724,44	2758,48	7,24
Snails	6,27	6,29	73,08	3188,66	1000,3	0,49
Curried prawns	7,01	6,77	40,16	1794,45	404,27	1,19
Butternut soup	18,48	1,8	11,53	732,18	212,67	2,45
Oxtail soup	42,67	27,39	16,69	1778,03	3497,28	3,97
Seafood mix	1,92	15,26	1,46	381,16	291,6	0
Seafood soup	41,88	22,14	35,79	2621,43	1855,61	2,29
Trinchado	14,99	33,44	49,43	2859,69	1354,66	1,45
Steak tartare	5,42	40,29	23,12	1751,71	1361,98	1,53
Lamb tails	24,5	22,04	46,49	2573,15	1279,93	1,86
Beef rashers	0	38,1	30,4	1784	116	0

2) SALADS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Side salad French	7,14	2,25	4,72	321,5	473,53	3,9
Regular French salad	12,72	4,15	7,94	560,89	945,82	6,96
Large French salad	18,31	6,24	9,68	744,46	1195,71	9,84
Side salad Greek	4,65	7,57	19,05	935,7	1371,43	2,46
Regular Greek salad	8,87	12,11	29,67	1496,43	2183,32	4,64
Large Greek salad	12,91	18,1	41,49	2103,11	2921,51	6,75
Side salad House	6,56	18,39	16,71	1003,56	900,93	2,64
Regular House salad	10,74	24,84	22	1356,93	1244,32	4,33
Large House salad	16,72	38,31	33,6	2093,95	1820,51	7,11
Side salad Blue cheese	9,59	11,57	24,26	1248,98	1096,56	4,01
Regular Blue cheese salad	17,83	18,49	39,9	2073,88	1890,31	7,53
Large Blue cheese salad	25,2	26,6	58,1	3010,9	2532,67	10,34
Blue cheese dressing (per 100g)	4,39	7,56	27,11	1211,72	511,33	0,27
Sliced tomato 'n onion	7,17	1,3	0,07	145,86	371	1,41
Caesar salad (no optional items)	27,26	13,22	27,83	1044,49	1201,75	2,79
Caesar salad (chicken included)	27,26	54,62	29,63	1872,13	1318,75	2,79
Caesar salad (egg included)	27,66	19,52	32,63	1345,45	1272,75	2,79
Caesar salad (chicken 'n egg included)	27,66	60,92	34,43	2173,09	1389,75	2,79

Chicken salad	42,82	71,74	44,31	3868,2	2442,9	24,47
Steak 'n rocket salad	27,9	41,87	46,32	3098,83	5042,57	7,92

3) VEG DISHES

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Veg curry	53,23	22	115,97	5491,55	2831,5	12,48
Veg burger	45,59	33,32	60,38	3593,38	1535,77	4,6

4) FOUR BROTHERS SPECIAL

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Steven's Sensation (rump)	11,83	77,47	93,77	5179,2	1099,51	0,46
Steven's Sensation (sirloin)	11,83	75,13	102,83	5503,2	1102,51	0,46
Steven's Sensation (fillet)	11,83	99,43	83,63	5227,2	946,51	0,46
Howard's Howler (rump)	7,1	71,37	55,32	3409,48	860,3	0,52
Howard's Howler (sirloin)	7,1	69,03	64,38	3733,48	863,3	0,52
Howard's Howler (fillet)	7,1	93,33	45,18	3457,48	707,3	0,52
Brian's Bowl Over (T 'n T basting sauce)	22	109,5	63,6	4658	1046	1,1
Brian's Bowl Over (T 'n T chilli basting)	21,65	109,57	63,7	4646,36	1033,09	1,09
Brian's Bowl Over (dry pepper marinade)	4,75	108,8	65,55	4335,07	341,42	1,58
Ribeye on the bone salt 'n butter	0,03	108,27	87,83	5114,64	2241,2	0
Mervyn's Magic	0,15	181,6	91,42	6637,87	4569,52	0

5) FROM THE GRILL

5.1) ARGENTINIAN STEAK (all with 70ml chimichurri sauce)

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Argentinian topping (200g fillet)	3,14	56,76	37,4	2456,78	334,52	0,75

Argentinian topping (300g fillet)	3,14	84,86	44	3204,78	334,52	0,75
Argentinian topping (400g fillet)	3,14	112,96	50,6	3952,78	334,52	0,75
Argentinian topping (200g sirloin)	3,14	40,56	50,2	2640,78	438,52	0,75
Argentinian topping (300g sirloin)	3,14	60,56	63,2	3480,78	490,52	0,75
Argentinian topping (400g sirloin)	3,14	80,56	76,2	4320,78	542,52	0,75
Argentinian topping (200g rump)	3,14	42,12	44,16	2424,78	436,52	0,75
Argentinian topping (300g rump)	3,14	62,9	54,14	3156,78	487,52	0,75
Argentinian topping (400g rump)	3,14	83,68	64,12	3888,78	538,52	0,75

5.2) CUT FOR TWO

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Cut for two (rump, T 'n T basting)	44	148,46	70,06	6070	1849	2,2
Cut for two (rump, chilli basting)	43,3	148,59	70,25	6046,71	1823,18	2,18
Cut for two (rump, dry pepper marinade)	9,51	147,05	73,96	5424,13	439,84	3,15
Cut for two (rump, plain grilled)	0	145,46	69,86	5124	357	0
Cut for two (rump with fat, T 'n T basting)	44	148,46	85,53	6770	1807	2,2
Cut for two (rump with fat, chilli basting)	43,3	148,59	85,72	6746,71	1781,18	2,18
Cut for two (rump with fat, dry pepper marinade)	9,51	147,05	89,43	6124,13	397,84	3,15
Cut for two (rump with fat, plain grilled)	0	145,46	85,33	5824	315	0
Cut for two (long cut sirloin, T 'n T basting)	44	143	91,2	6826	1856	2,2
Cut for two (long cut sirloin, chilli basting)	43,3	143,13	91,39	6802,71	1830,18	2,18
Cut for two (long cut sirloin, dry pepper marinade)	9,51	141,59	95,1	6180,13	446,84	3,15
Cut for two (long cut sirloin, plain grilled)	0	140	91	5880	364	0
Cut for two (fillet, T 'n T basting)	44	199,7	46,4	6182	1492	2,2
Cut for two (fillet, chilli basting)	43,3	199,83	46,59	6158,71	1466,18	2,18
Cut for two (fillet, dry pepper marinade)	9,51	198,29	50,3	5536,13	82,84	3,15
Cut for two (fillet, plain grilled)	0	196,7	46,2	5236	0	0
Deboned lamb	1,68	136,17	188,23	9469,97	1172,25	0,21

5.3) FROM THE GRILL

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Lamb loin chops (T 'n T basting sauce)	22	109,02	79,62	5244,2	1222	1,1
Lamb loin chops (chilli basting)	21,65	109,09	79,72	5232,56	1209,09	1,09
Lamb loin chops (dry pepper marinade)	7,13	108,72	82,6	4996,3	538,13	2,36
Lamb loin chops half (T 'n T basting sauce)	11	54,51	39,81	2622,1	611	0,55
Lamb loin chops half (chilli basting)	10,83	54,54	39,86	2616,28	604,55	0,54
Lamb loin chops half (dry pepper marinade)	3,33	54,32	41,2	2490,65	267	1,1
Grilled Boerewors platter	3,6	68,76	55,08	3333,6	2804,4	10,44
Entrecôte steak (T 'n T basting sauce)	22	64,15	80,81	4627,5	746	1,1
Entrecôte steak (chilli basting)	21,65	64,22	80,91	4615,86	733,09	1,09
Entrecôte steak (dry pepper marinade)	4,75	63,45	82,76	4304,57	41,42	1,58
Rump Espetada	5,71	73,32	75,7	4370,44	2539,32	0,75
Ostrich fillets (T 'n T basting sauce)	22	43,7	6,3	1419	832	1,1
Ostrich fillets (chilli basting)	21,65	43,77	6,4	1407,36	819,09	1,09
Ostrich fillets (dry pepper marinade)	4,75	0,8	2,05	150,07	41,42	1,58
Steak with fat (sirloin 200g, T 'n T basting sauce)	22	41,5	26,1	2153	850	1,1
Steak with fat (sirloin 200g, chilli basting)	21,65	41,57	26,2	2141,36	837,09	1,09
Steak with fat (sirloin 200g, dry pepper marinade)	4,75	40,8	28,05	1830,07	145,42	1,58
Steak with fat (sirloin 300g, T 'n T basting sauce)	22	61,5	39,1	2993	902	1,1
Steak with fat (sirloin 300g, chilli basting)	21,65	61,57	39,2	2981,36	889,09	1,09
Steak with fat (sirloin 300g, dry pepper marinade)	4,75	60,8	41,05	2670,07	197,42	1,58
Steak with fat (sirloin 400g, T 'n T basting sauce)	22	81,5	52,1	3833	954	1,1
Steak with fat (sirloin 400g, chilli basting)	21,65	81,57	52,2	3821,36	941,09	1,09
Steak with fat (sirloin 400g, dry pepper marinade)	4,75	80,8	54,05	3510,07	249,42	1,58

Steak with fat (rump with fat 200g, T 'n T basting sauce)	22	43,06	20,06	1937	848	1,1
Steak with fat (rump with fat 200g, chilli basting)	21,65	43,13	20,16	1925,36	835,09	1,09
Steak with fat (rump with fat 200g, dry pepper marinade)	4,75	0,8	2,05	150,07	41,42	1,58
Steak with fat (point rump 300g, TNT basting sauce)	22	61,89	46,24	3293	746	1,1
Steak with fat (point rump 300g, chilli basting)	21,65	61,96	46,34	3281,36	733,09	1,09
Steak with fat (point rump 300g, dry pepper marinade)	4,75	61,19	48,19	2970,07	41,42	1,58
Steak with fat (point rump 400g, T 'n T basting sauce)	22	82,02	61,62	4233	746	1,1
Steak with fat (point rump 400g, chilli basting)	21,65	82,09	61,72	4221,36	733,09	1,09
Steak with fat (point rump 400g, dry pepper marinade)	4,75	81,32	63,57	3910,07	41,42	1,58
Steak with no fat (fillet 200g, T 'n T basting sauce)	22	57,7	13,3	1969	746	1,1
Steak with no fat (fillet 200g, chilli basting)	21,65	57,77	13,4	1957,36	733,09	1,09
Steak with no fat (fillet 200g, dry pepper marinade)	4,75	57	15,25	1646,07	41,42	1,58
Steak with no fat (fillet 300g, T 'n T basting sauce)	22	85,8	19,9	2717	746	1,1
Steak with no fat (fillet 300g, chilli basting)	21,65	85,87	20	2705,36	733,09	1,09
Steak with no fat (fillet 300g, dry pepper marinade)	4,75	85,1	21,85	2394,07	41,42	1,58
Steak with no fat (fillet 400g, T 'n T basting sauce)	22	113,9	26,5	3465	746	1,1
Steak with no fat (fillet 400g, chilli basting)	21,65	113,97	26,6	3453,36	733,09	1,09
Steak with no fat (fillet 400g, dry pepper marinade)	4,75	113,2	28,45	3142,07	41,42	1,58
Steak with no fat (tunnel rump 200g, T 'n T basting sauce)	22	41,5	10,1	1495	844	1,1

Steak with no fat (tunnel rump 200g, chilli basting)	21,65	41,57	10,2	1483,36	831,09	1,09
Steak with no fat (tunnel rump 200g, dry pepper marinade)	4,75	40,8	12,05	1172,07	139,42	1,58
Steak with no fat (tunnel rump 300g, T 'n T basting sauce)	22	61,5	15,1	2006	893	1,1
Steak with no fat (tunnel rump 300g, chilli basting)	21,65	61,57	15,2	1994,36	880,09	1,09
Steak with no fat (tunnel rump 300g, dry pepper marinade)	4,75	60,8	17,05	1683,07	188,42	1,58
Steak with no fat (tunnel rump 400g, T 'n T basting sauce)	22	81,5	20,1	2517	942	1,1
Steak with no fat (tunnel rump 400g, chilli basting)	21,65	81,57	20,2	2505,36	929,09	1,09
Steak with no fat (tunnel rump 400g, dry pepper marinade)	4,75	80,8	22,05	2194,07	237,42	1,58
Beef ribs full portion (T 'n T basting sauce)	44	222,45	269,05	15045,81	2107,6	2,2
Beef ribs full portion (chilli basting)	43,3	222,58	269,24	15022,52	2081,78	2,18
Beef ribs half portion (T 'n T basting sauce)	22	111,23	134,53	7522,9	1053,8	1,1
Beef ribs half portion (chilli basting)	21,65	111,29	134,62	7511,26	1040,89	1,09
Pork ribs full portion (T 'n T basting sauce)	44	202,5	294,7	15288,15	2356,5	2,2
Pork ribs full portion (chilli basting)	43,3	202,63	294,89	15264,86	2330,68	2,18
Pork ribs half portion (T 'n T basting sauce)	22	101,25	147,35	7644,08	1178,25	1,1
Pork ribs half portion (chilli basting)	21,65	101,32	147,45	7632,43	1165,34	1,09

5.4) SLOW-COOKED DISHES

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Lamb potjie	125,48	114,97	87,49	8281,44	5385,36	11,16
Oxtail potjie	109	139,48	98,94	8022,62	3604,1	11,7

6) BURGERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Classic burger	45,48	39,39	37,11	2899,63	1641,49	8,78
Cheese burger	47,51	50,95	58,69	3936,68	2028,1	8,8
Mushroom burger	48,89	40,69	48,2	3389,74	1896,8	15,7
Pepper burger	49,51	40,49	46,25	3322,24	1949,95	9,09

7) POULTRY

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Chicken schnitzel	11,4	54,12	46,41	2929,51	723,99	0,36
Chicken breast (lemon 'n herb)	5,33	69,3	5,85	1581,15	744	0
Chicken Breast Fillet (peri peri)	14,42	70,24	3,59	1654,45	754,57	0,17
Chicken breast (BBQ)	14,25	69,53	3,15	1653,15	725,25	0,38
Chicken breast (sweet chilli)	36	69,3	3,75	1971,15	555,75	0,38
Chicken deboned (lemon 'n herb)	7,1	73,9	103,7	5349	732	0
Deboned Half Chicken (peri peri)	19,54	75,22	100,72	5455,1	746,14	0,34
Chicken deboned (BBQ)	19	74,2	100,1	5445	707	0,5
Chicken deboned (sweet chilli)	48	73,9	100,9	5869	481	0,5
Spring Chicken (lemon 'n herb)	7,1	217,9	75,05	6696,5	1356,75	0
Chicken spring (peri peri)	19,54	219,22	72,07	6802,6	1370,89	0,34
Chicken spring (BBQ)	19	218,2	71,45	6792,5	1331,75	0,5
Chicken spring (sweet chilli)	48	217,9	72,25	7216,5	1105,75	0,5
Chicken spring half (lemon & herb)	4,26	108,99	37,91	3375,15	751,58	0
Chicken spring half (peri peri)	11,63	109,76	36,11	3436,3	760,05	0,17
Chicken spring half (BBQ)	11,4	109,17	35,75	3432,75	736,58	0,3
Chicken spring half (sweet chilli)	28,8	108,99	36,23	3687,15	600,98	0,3
Duck leg	66,31	38,77	111,98	6000,62	478,6	0,9

8) SEAFOOD

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Grilled hake	13,37	39,24	56,97	3010,83	627,27	2,86
Battered hake	18,3	39,38	58,71	3171,29	879,37	3,05
Calamari (lemon butter)	5,01	52,29	53,4	2988,26	1057,9	0,67
Calamari (peri peri)	7,65	51,63	23,31	1888,39	1222,55	0,02
Calamari (sweet chilli 'n coriander)	19,41	51,19	23,41	2063,99	1116,55	0,22
Kingklip dry-grilled	9,12	49,02	38,61	2523,58	644,71	0,93
Kingklip lemon butter	10,27	49,74	59,19	3327,07	642,07	0,95
Scottish salmon dry-grilled	6,02	44,95	67,07	3374,11	322,28	0,51
Scottish salmon soya sesame	5,33	45,93	52,2	2821,41	928,01	0,43
Queen prawns x6	10,92	7,78	35,1	1754,98	1154,06	0,21
Queen prawns x12	12,34	14,65	69,8	3326,06	1288,21	0,25
King prawns x6	11,17	17,57	37,62	1898,74	1521,26	0,21
King prawns x12	14,9	34,54	74,95	3657,48	2744,11	0,43

9) COMBO MEALS

All of the food items below (blue line) exclude marinades thus need to be added, the marinade options are bolded below the food items (orange line) to then be added to get the total nutritional values.

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Rib's 'n boerewors (without marinade)						
Ribs 'n boerewors (beef ribs)	1,8	164,53	113,99	7077,05	1820,2	5,22
Ribs 'n boerewors (pork ribs)	1,8	172,61	171,47	9342,8	1843,95	5,22
Rib marinades to add						
Rib marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Rib marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Ribs 'n chops (without marinades for both ribs and chops)						
Ribs 'n chops (beef ribs)	0	183,91	126,21	7795,85	656	0

Ribs 'n chops (pork ribs)	0	191,99	183,69	10061,6	679,75	0
Rib marinade to add						
Rib marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Rib marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Chop marinade to add						
Chop marinade: T 'n T basting	11	0,75	0,05	236,5	373	0,55
Chop marinade: Chilli basting	10,83	0,78	0,10	230,68	366,55	0,54
Chop marinade: dry pepper	3,33	0,56	1,44	105,05	29,00	1,10
Ribs 'n calamari (without rib marinade)						
Ribs 'n calamari (beef ribs 'n lemon butter marinade for calamari)	1,16	156,26	124,43	7310,13	925,59	0,05
Ribs 'n calamari (pork ribs 'n lemon butter marinade for calamari)	1,16	164,34	181,9	9575,88	949,34	0,05
Ribs 'n calamari (beef ribs 'n sweet chilli marinade for calamari)	19,41	155,84	108,36	6982,24	1108,55	0,22
Ribs 'n calamari (pork ribs 'n sweet chilli marinade for calamari)	19,41	163,92	165,84	9247,99	1132,3	0,22
Ribs 'n calamari (beef ribs 'n peri peri marinade for calamari)	7,65	156,28	108,26	6806,64	1214,55	0,02
Ribs 'n calamari (pork ribs 'n peri peri marinade for calamari)	7,65	164,36	165,73	9072,39	1238,3	0,02
Rib marinade to add						
Rib marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Rib marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Ribs 'n squid heads (without rib marinade)						
Ribs 'n squid heads (beef ribs 'n lemon butter dipping sauce for squid heads)	8,08	152,36	135,7	7790,87	745,06	0,2
Ribs 'n squid heads (pork ribs 'n lemon butter dipping sauce for squid heads)	8,08	160,44	193,17	10056,62	768,81	0,2
Ribs 'n squid heads (beef ribs 'n peri peri dipping sauce for squid heads)	17,81	152,4	111,44	7035,63	1178,5	0,16
Ribs 'n squid heads (pork ribs 'n peri peri dipping sauce for squid heads)	17,81	160,47	168,92	9301,38	1202,25	0,16
Ribs 'n squid heads (beef ribs 'n sweet chilli dipping sauce for squid heads)	35,45	151,73	111,6	7299,03	1019,5	0,46

Ribs 'n squid heads (pork ribs 'n sweet chilli dipping sauce for squid heads)	35,45	159,81	169,08	9564,78	1043,25	0,46
Rib marinade to add						
Rib marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Rib marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Ribs 'n chicken (without rib marinade 'n chicken marinade)						
Ribs 'n chicken (beef ribs)	0	238,9	122,08	8624	730,38	0
Ribs 'n chicken (pork ribs)	0	246,98	179,55	10889,75	754,13	0
Rib marinade to add						
Rib marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Rib marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Chicken marinade to add						
Chicken marinade: lemon'n herb	4,26	0,24	2,28	161,4	439,2	0
Chicken marinade: peri peri	11,63	1,01	0,48	222,55	447,67	0,17
Chicken marinade: BBQ	11,4	0,42	0,12	219	424,2	0,3
Chicken marinade: sweet chilli	28,8	0,24	0,6	473,4	288,6	0,3
Ribs 'n mini tenders (without rib marinade 'n meat marinade)						
Ribs 'n mini tenders (beef ribs 'n rump)	0	171,71	106,41	6874,25	520	0
Ribs 'n mini tenders (beef ribs 'n sirloin)	0	170,15	112,45	7090,25	522	0
Ribs 'n mini tenders (beef ribs 'n fillet)	0	186,35	99,65	6906,25	418	0
Ribs 'n mini tenders (pork ribs 'n rump)	0	179,79	163,89	9140	543,75	0
Ribs 'n mini tenders (pork ribs 'n sirloin)	0	178,23	169,93	9356	545,75	0
Ribs 'n mini tenders (pork ribs 'n fillet)	0	194,43	157,13	9172	441,75	0
Rib marinade to add						
Rib marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Rib marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Mini tender marinade						
Meat marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Meat marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Meat marinade: Dry Pepper	4,75	0,80	2,05	150,07	41,42	1,58
Mini tender 'n boerewors (without mini tender marinade)						
Mini tender 'n boerewors (rump)	1,8	75,94	47,5	3130,8	1504,2	5,22
Mini tender 'n boerewors (sirloin)	1,8	74,38	53,54	3346,8	1506,2	5,22
Mini tender 'n boerewors (fillet)	1,8	90,58	40,74	3162,8	1402,2	5,22

Mini tender marinade						
Meat marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Meat marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Meat marinade: Dry Pepper	4,75	0,80	2,05	150,07	41,42	1,58
Mini tender 'n chops (without mini tender marinade or chop marinade)						
Mini tender 'n chops (rump)	0	95,32	59,72	3849,6	340	0
Mini tender 'n chops (sirloin)	0	93,76	65,76	4065,6	342	0
Mini tender 'n chops (fillet)	0	109,96	52,96	3881,6	238	0
Mini tender marinade						
Meat marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Meat marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Meat marinade: Dry Pepper	4,75	0,80	2,05	150,07	41,42	1,58
Chop marinade to add						
Chop marinade: T 'n T basting	11	0,75	0,05	236,5	373	0,55
Chop marinade: Chilli basting	10,83	0,78	0,10	230,68	366,55	0,54
Chop marinade: Dry Pepper	3,33	0,56	1,44	105,05	29,00	1,10
Mini tender 'n calamari (without mini tender marinade)						
Mini tender 'n calamari (rump 'n lemon butter marinade for calamari)	1,16	67,67	57,94	3363,88	609,59	0,05
Mini tender 'n calamari (sirloin 'n lemon butter marinade for calamari)	1,16	66,11	63,98	3579,88	611,59	0,05
Mini tender 'n calamari (fillet 'n lemon butter marinade for calamari)	1,16	82,31	51,18	3395,88	507,59	0,05
Mini tender 'n calamari (rump 'n peri peri marinade for calamari)	7,65	67,69	41,77	2860,39	898,55	0,02
Mini tender 'n calamari (sirloin 'n peri peri marinade for calamari)	7,65	66,13	47,81	3076,39	900,55	0,02
Mini tender 'n calamari (fillet 'n peri peri marinade for calamari)	7,65	82,33	35,01	2892,39	796,55	0,02
Mini tender 'n calamari (rump 'n sweet chilli marinade for calamari)	19,41	67,25	41,87	3035,99	792,55	0,22
Mini tender 'n calamari (sirloin 'n sweet chilli marinade for calamari)	18,88	65,53	47,78	3237,35	954,15	0,29
Mini tender 'n calamari (fillet 'n sweet chilli marinade for calamari)	19,41	81,89	35,11	3067,99	690,55	0,22

Mini tender marinade						
Meat marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Meat marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Meat marinade: Dry Pepper	4,75	0,80	2,05	150,07	41,42	1,58
Mini tender 'n squid heads (without mini tender marinade)						
Mini tender 'n squid heads (rump 'n lemon butter dipping sauce)	8,08	63,77	69,21	3844,62	429,06	0,2
Mini tender 'n squid heads (sirloin 'n lemon butter dipping sauce)	8,08	62,21	75,25	4060,62	431,06	0,2
Mini tender 'n squid heads (fillet 'n lemon butter dipping sauce)	8,08	78,41	62,45	3876,62	327,06	0,2
Mini tender 'n squid heads (rump 'n peri peri dipping sauce)	17,81	63,81	44,95	3089,38	862,5	0,16
Mini tender 'n squid heads (sirloin 'n peri peri dipping sauce)	17,81	62,25	50,99	3305,38	864,5	0,16
Mini tender 'n squid heads (fillet 'n peri peri dipping sauce)	17,81	78,45	38,19	3121,38	760,5	0,16
Mini tender 'n squid heads (rump 'n sweet chilli dipping sauce)	35,45	63,14	45,11	3352,78	703,5	0,46
Mini tender 'n squid heads (sirloin 'n sweet chilli dipping sauce)	35,45	61,58	51,15	3568,78	705,5	0,46
Mini tender 'n squid heads (fillet 'n sweet chilli dipping sauce)	35,45	61,58	51,15	3568,78	705,5	0,46
Mini tender marinade						
Meat marinade: T 'n T basting	22	1,5	0,1	473	746	1,1
Meat marinade: Chilli basting	21,65	1,57	0,20	461,36	733,09	1,09
Meat marinade: Dry Pepper	4,75	0,80	2,05	150,07	41,42	1,58

10) SIDE ORDERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Mashed potato	55,13	6,69	8,55	1288,64	394,31	4,2
Rice	107,12	9,42	0,95	2046,67	6,92	1,92
Onion rings	20,25	2,27	35,16	1713,74	3,89	1,79

Pan-fried onions	10,3	1,35	5,67	404,5	422,25	1,89
Chips	78	9	20,6	2139,4	30	6
Pap 'n gravy	79,19	7,48	3,32	1643,85	838,25	2,54
Stir-fried veg	20,29	7,84	16,23	1050,71	2189,08	7
Steamed veg	20,29	7,84	1,23	480,71	2189,08	7
Sautéed mushrooms	5,7	3,83	16,28	777,95	525,9	1,79
Chips 'n veg	53,59	9,82	28,21	2018,82	559,26	6,79
Stir-Fried veg	46,01	7,87	17,22	1492,3	1033,82	6,07
Pap 'n veg	57,4	13,41	27,68	2180,44	1437,29	6,97
Rice n' veg	68,04	10,09	19	1990,58	548,5	4,89
Mash 'n veg	44,6	8,95	22,83	1660,3	742,36	6,08
Baked potato 'n veg	82,03	13,1	19,05	2165,48	570,2	8,98
Grilled sweet potato	75,52	6,2	4,45	1510,4	733,43	11,34
Vegetables	23,85	7,12	23,68	1332,34	974,72	6,63
Side Boerewors	1,8	34,38	27,54	1666,8	1402,2	5,22

11) SAUCES 'N STEAK TOPPINGS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Bordelaise sauce	26,36	4,69	39,06	2083,17	2358,67	11,34
Mushroom 'n feta	4,98	10,2	45,46	1945,07	918,93	1,22
Snail (garlic 'n brandy)	4,86	5,56	46,84	2183,37	1431,17	0,49
Mussel 'n white wine	11,83	15,14	63,83	2983,45	946,52	0,46
Cheese 'n biltong	4,27	18,81	18,96	1106,24	990,38	0,29
Tartare sauce (100g)	12,85	2,25	46,41	1987,90	414,36	2,09
Blue cheese sauce (100g)	4,89	7,68	23,82	1097,05	698,18	0,08
Cheese sauce (100g)	4,11	10,88	28,62	1319,83	483,53	0,06
Pepper sauce (100g)	6,71	1,83	15,24	704,36	514,10	0,52
Mushroom sauce (100g)	5,68	2,16	18,49	816,86	425,51	11,54
Madagascar sauce (100g)	3,30	1,61	24,06	1212,60	146,49	0,04
Chimichurri sauce (100g)	4,49	0,80	34,57	1372,55	477,89	1,07
Garlic sauce (100g)	11,01	4,07	54,01	2266,17	819,61	0,33
Lemon butter (100g)	2,38	1,46	41,16	1608,74	23,59	0,06

Wasabi mayo (100g)	15,05	0,92	49,54	2079,69	563,30	1,28
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12) DESSERTS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Ice cream	59,74	7,26	23,23	2017,68	258,77	0,91
Sorbet	39,01	0,18	4	855,29	16,6	0,58
Plain cheesecake	43,51	9,44	53,63	2886,38	308,01	0,44
Bar-One cheesecake	71,09	12,05	65,87	3863,04	395,9	1,12
Crème brûlée	27,64	5,33	39,22	2005,7	34,66	1,11
Chocolate crème brûlée	36,62	6,58	45,68	2406,64	90,36	0,25
Butterscotch mousse	67,08	6,62	35,52	2599,64	398,92	3,67
Specialty coffee (Kahlua)	18,69	1,76	18,88	1157,66	28,67	0
Specialty coffee (Jameson)	6,44	1,76	18,88	1085,91	26,17	0
Dom Pedro (Kahlua)	59,39	5,17	16,26	1931,24	123,27	0
Dom Pedro (Cape Velvet)	47,39	6,67	22,76	1981,74	158,27	0
Dom Pedro (Frangelico)	55,39	5,17	16,26	1795,24	118,27	0
Dom Pedro (Jameson)	34,89	5,17	16,26	1787,74	118,27	0
Milkshake: strawberry, banana, lime 'n bubblegum	42,75	6,77	18,16	1528,79	138,87	0
Milkshake: Bar-One	59,4	8,37	27,13	2178,72	174,14	0,39

13) EXTRAS ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fibre (g)
Tomato slice (avg 5g per slice)	0,75	0,15	0,00	15,68	63,00	0,15
Lemon star (80g)	7,20	0,88	0,24	96,98	1,60	2,24
Lemon (100g)	9,00	1,10	0,30	121,22	2,00	2,80
Parsley (2g)	0,13	0,06	0,02	3,01	1,12	0,07
Parsley (0,2g)	0,01	0,01	0,00	0,30	0,11	0,01
Chives (2g)	0,09	0,07	0,01	2,51	0,06	0,05
Chives (0,2g)	0,01	0,01	0,00	0,25	0,01	0,01

Rocket leaves (2g)	0,05	0,08	0,01	2,76	0,06	0,03
Rocket leaves (0,2g)	0,01	0,01	0,00	0,28	0,01	0,00
Biltong powder (10g)	0,20	6,10	1,10	150,55	242,60	0,20
Olive oil (10ml)	0,00	0,00	9,20	340,00	0,00	0,00
Balsamic vinegar (10ml)	3,59	0,12	0,00	63,00	4,70	0,00
Black pepper (1g)	0,60	0,10	0,03	10,45	0,20	0,20
Fine salt (1g)	0,00	0,00	0,00	0,00	387,58	0,00
Salted butter (5g mini butter tub)	0,02	0,01	4,00	148,50	20,00	0,00
Salted butter (10g mini butter tub)	0,03	0,02	8,00	297,00	40,00	0,00
Red tobacco (1ml)	0,02	0,01	0,01	0,58	6,50	0,34
Mint Jelly (10g)	7,80	0,02	0,00	133,70	0,80	0,09
Sour cream (40ml)	0,40	1,16	8,72	362,80	20,00	0,00
All Gold tomato sauce (10ml)	2,10	0,18	0,01	39,80	80,20	0,00