

# ***Turn 'n Tender***

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## ***STEAKHOUSE***

### **NUTRITIONAL ANALYSIS OF MACRONUTRIENT, ENERGY, FIBER AND SODIUM CONTENT**

September 2019

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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)	Fiber (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	1490,3	1994,2	0,33
Biltong board	41,02	136,76	113,22	7319,95	8190,55	2,37

### 1.2) STARTERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Roasted marrow bones	23,63	10,41	76,13	3442,13	593,46	0,95
Squid heads (lemon butter)	11,47	22,05	38,53	2027,08	636,77	0,34
Squid heads (sweet chilli)	29,72	21,62	22,46	1699,18	819,73	0,51
Squid heads (peri peri)	17,96	22,07	22,36	1523,58	925,73	0,31
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	8,12	6,91	40,2	1812,84	404,61	1,54
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
Crumbed mushrooms	13,07	13,71	18,74	1250,15	422,24	2,03
Lamb tails	24,55	22,06	46,52	2575,59	1257,07	1,83
Beef rashers	0	38,1	30,4	1784	116	0
Fillet Caprese	8,15	35,05	25,26	1671,94	629,9	3,58
Chicken wings	11,55	61,95	56,1	3388,18	1782,94	3,12
Beef Chorizo n Calamari (lemon butter)	12,21	32,16	88,27	4019,09	844,58	2,67
Beef Chorizo n Calamari (peri-peri)	19,92	32,21	71,88	3547,56	1128,38	3,08

## 2) SALADS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Side salad French	8,22	2,01	4,64	326,51	27,33	4,04
Regular French salad	14,88	3,67	7,78	570,92	53,42	7,24
Large French salad	21,01	5,64	9,48	757	80,21	10,19
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	11,19	11,24	22,95	1213,25	687,1	4,04
Regular Blue cheese salad	20,96	17,82	37,42	2007,51	1066,8	7,6
Large Blue cheese salad	29,52	25,69	54,05	2896,1	1531,99	10,35
Blue cheese dressing (per 100g)	4,65	7,58	19,00	1058,38	433,17	0,58

Sliced tomato and onion	7,17	1,3	0,07	145,86	371	1,41
Caesar salad (no optional items)	28,9	12,37	17,3	1318,33	1072,87	2,91
Caesar salad (chicken included)	28,9	53,77	19,1	2145,97	1189,87	2,91
Caesar salad (egg included)	29,3	18,67	22,1	1619,29	1143,87	2,91
Caesar salad (chicken and egg included)	29,3	60,07	23,9	2446,93	1260,87	2,91
Chicken salad	42,82	71,74	44,31	3868,2	2442,9	24,47
Steak 'n rocket salad	30,06	41,39	46,16	3108,86	4150,17	8,2
Calamari salad	16,76	29,15	38,72	2156,71	882,84	7,41

### 3) VEG DISHES

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Veg curry	57,63	22,11	153,39	6874,78	1736,68	13,7

### 4) VEGETARIAN 'N VEGAN

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Naked Vegan burger – Vegan Friendly	15,87	21,59	30,14	1744,47	756,62	3,87
Vegetarian burger – Not Vegan Friendly	47,42	28,9	33,63	2519,4	1308,39	7,05
Vegan biltong salad	17,56	14,55	13,02	1222,12	199,07	6,49

### 5) FOUR BROTHERS SPECIAL

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (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)	8,22	70,85	55,6	3427,4	727,3	0,41
Howard's howler (sirloin)	8,22	68,51	64,66	3751,4	730,3	0,41
Howard's howler (fillet)	8,22	92,81	45,46	3475,4	574,3	0,41
Brian's bowl over (TNT basting sauce)	22	109,5	63,6	4622	1046	1,1
Brian's bowl over (TNT chilli basting)	21,65	109,57	63,7	4614,92	1033,09	1,09
Ribeye on the bone salt and 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

## 6) 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, TNT basting)	44	148,46	70,06	5998	1849	2,2
Cut for two (rump, chilli basting)	43,3	148,59	70,25	5983,83	1823,18	2,18
Cut for two (rump, plain grilled)	0	145,46	69,86	5124	357	0

Cut for two (rump with fat, TNT basting)	44	148,46	85,53	6698	1807	2,2
Cut for two (rump with fat, chilli basting)	43,3	148,59	85,72	6683,83	1781,18	2,18
Cut for two (rump with fat, plain grilled)	0	145,46	85,33	5824	315	0
Cut for two (long cut sirloin, TNT basting)	44	143	91,2	6754	1856	2,2
Cut for two (long cut sirloin, chilli basting)	43,3	143,13	91,39	6739,83	1830,18	2,18
Cut for two (long cut sirloin, plain grilled)	0	140	91	5880	364	0
Cut for two (fillet, TNT basting)	44	199,7	46,4	6110	1492	2,2
Cut for two (fillet, chilli basting)	43,3	199,83	46,59	6095,83	1466,18	2,18
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)	Fiber (g)
The Boss	23,65	64,39	101,73	5311,01	1116,06	2,93
Rump n Beef Chorizo Espetada	6,45	67,76	79,42	4340,54	1977,76	0,53
Lamb loin chops (TNT 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 (TNT 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
Boerewors platter	3,6	68,76	55,08	3333,6	2804,4	10,44
Entrecôte steak (TNT 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 (TNT 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	43	8,25	1096,07	127,42	1,58

Steak with fat (sirloin 200g, TNT 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, TNT 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, TNT 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, TNT 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)	47,54	49,53	40,48	2964,66	516,22	15,76
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, TNT 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, TNT 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, TNT 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, TNT 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, TNT 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, TNT 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, TNT 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 (TNT 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 (TNT 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 (TNT 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 (TNT 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)	Fiber (g)
Lamb gigot	42,52	86,95	84,09	5487,65	3546,02	3,05
Lamb potjie	126,23	115,78	88,3	8338,05	4720	10,33
Oxtail potjie	109,75	139,7	99,32	8058,81	3265,48	11,36

## 7) BURGERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Classic burger	45,85	41,76	35,64	2850,73	1756,67	53,06
Cheese burger	48,14	53,2	57,29	3891,89	2112,88	53,06
Mushroom burger	49,8	42,81	46,86	3349,61	1953,66	53,21
Pepper burger	50,55	42,55	44,95	3284,1	1985,32	53,31
Steak roll	63,68	50,42	27,19	2995,09	1120,2	3,26
Argentinian steak roll	53,17	50	47,87	3556,42	959,33	3,24

## 8) POULTRY

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Chicken schnitzel	11,12	54,26	46,44	2924	723,99	0,29

Chicken breast (lemon & herb)	5,33	69,3	5,85	1581,15	744	0
Chicken breast (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 & herb)	7,1	73,9	103,7	5349	732	0
Chicken deboned peri peri (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
Chicken spring (lemon & 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

## 9) SEAFOOD

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Grilled hake	18,24	37,79	45,78	2813,32	521,29	3,81
Battered hake	26,12	38,17	45,48	2941,77	1035,42	4,06
Calamari (lemon butter)	5,36	52,32	42,45	2781,25	952,38	1,08
Calamari (peri peri)	7,65	51,63	23,31	1888,39	1222,55	0,02
Calamari (sweet chilli)	19,41	51,19	23,41	2063,99	1116,55	0,22
Kingklip plain grilled	9,32	49,21	24,05	2242,06	504,02	1,42
Kingklip lemon butter	10,47	49,93	44,63	3045,55	501,38	1,45
Scottish salmon plain grilled	5,69	45,11	51,3	3064,61	291,27	1,06
Scottish salmon soya sesame	4,97	45,22	40,39	2573,79	513,35	0,86
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

## 10) COMBO PRESENTATION

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)	Fiber (g)
<b>Rib's n boerewors (without marinade)</b>						
Ribs 'n boerewors (beef ribs)	1,8	144,11	161,97	8716,7	1710	5,22
Ribs 'n boerewors (pork ribs)	1,8	134,13	174,79	8837,88	1834,45	5,22
<b>Rib marinades to add</b>						
<b>Rib marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Rib marinade: Chilli basting</b>	21,65	1,57	0,20	429,9	733,09	1,09
<b>Ribs 'n chops (without marinades for both ribs and chops)</b>						
Ribs 'n chops (beef ribs)	0	163,49	174,19	9435,5	545,8	0
Ribs 'n chops (pork ribs)	0	153,51	187,01	9556,68	670,25	0
<b>Rib marinade to add</b>						
<b>Rib marinade: TnT basting</b>	22	1,5	0,1	473	746	1,1
<b>Rib marinade: Chilli basting</b>	21,65	1,57	0,20	461,36	733,09	1,09
<b>Chop marinade to add</b>						
<b>Chop marinade: TnT basting</b>	11,00	0,75	0,05	218,50	373,00	0,55
<b>Chop marinade: Chilli basting</b>	10,83	0,78	0,10	214,96	366,55	0,54
<b>Chop marinade: dry pepper</b>	3,33	0,56	1,44	105,05	29,00	1,10
<b>Ribs 'n calamari (without rib marinade)</b>						
Ribs 'n calamari (beef ribs + lemon butter marinade for calamari)	1,16	161,34	173,9	9441,79	1241,39	0,05
Ribs 'n calamari (pork ribs + lemon butter marinade for calamari)	1,16	151,36	186,73	9562,96	1365,84	0,05

Ribs 'n calamari (beef ribs + sweet chilli marinade for calamari)	19,41	160,92	157,84	9113,89	1424,35	0,22
Ribs 'n calamari (pork ribs + sweet chilli marinade for calamari)	19,41	150,94	170,66	9235,07	1548,8	0,22
Ribs 'n calamari (beef ribs + peri peri marinade for calamari)	7,65	161,36	157,73	8938,29	1530,35	0,02
Ribs 'n calamari (pork ribs + peri peri marinade for calamari)	7,65	151,38	170,56	9059,47	1654,8	0,02
<b>Rib marinade to add</b>						
<b>Rib marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Rib marinade: Chilli basting</b>	21,65	1,57	0,20	429.9	733,09	1,09
<b>Ribs 'n squid heads (without rib marinade)</b>						
Ribs 'n squid heads (beef ribs + lemon butter dipping sauce for squid heads)	11,95	132,06	181,18	9398,72	949,29	0,35
Ribs 'n squid heads (pork ribs + lemon butter dipping sauce for squid heads)	11,95	122,08	194,01	9519,9	1073,74	0,35
Ribs 'n squid heads (beef ribs + peri peri dipping sauce for squid heads)	21,68	132,09	156,93	8643,48	1382,73	0,31
Ribs 'n squid heads (pork ribs + peri peri dipping sauce for squid heads)	21,68	122,12	169,75	8764,66	1507,18	0,31
Ribs 'n squid heads (beef ribs + sweet chilli dipping sauce for squid heads)	39,32	131,43	157,09	8906,88	1223,73	0,61
Ribs 'n squid heads (pork ribs + sweet chilli dipping sauce for squid heads)	39,32	121,45	169,91	9028,06	1348,18	0,61
<b>Rib marinade to add</b>						
<b>Rib marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Rib marinade: Chilli basting</b>	21,65	1,57	0,20	429.9	733,09	1,09
<b>Ribs 'n chicken (without rib marinade and chicken marinade)</b>						
Ribs 'n chicken (beef ribs)	0	218,48	170,05	10263,65	620,18	0
Ribs 'n chicken (pork ribs)	0	208,5	182,88	10384,83	744,63	0
<b>Rib marinade to add</b>						
<b>Rib marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Rib marinade: Chilli basting</b>	21,65	1,57	0,20	429.9	733,09	1,09

<b>Chicken marinade to add</b>						
<b>Chicken marinade: lemon and herb</b>	4,26	0,24	2,28	161,4	439,2	0
<b>Chicken marinade: peri peri</b>	11,63	1,01	0,48	222,55	447,67	0,17
<b>Chicken marinade: BBQ</b>	11,4	0,42	0,12	219	424,2	0,3
<b>Chicken marinade: sweet chilli</b>	48	0,4	1	789	481	0,5
<b>Rib's n mini tenders (without rib marinade and meat marinade)</b>						
Ribs 'n mini tenders (beef ribs + rump)	0	151,29	154,39	8513,9	409,8	0
Ribs 'n mini tenders (beef ribs + sirloin)	0	149,73	160,43	8729,9	411,8	0
Ribs 'n mini tenders (beef ribs + fillet)	0	165,93	147,63	8545,9	307,8	0
Ribs 'n mini tenders (pork ribs + rump)	0	179,79	163,89	9140	543,75	0
Ribs 'n mini tenders (pork ribs + sirloin)	0	178,23	169,93	9356	545,75	0
Ribs 'n mini tenders (pork ribs + fillet)	0	194,43	157,13	9172	441,75	0
<b>Rib marinade to add</b>						
<b>Rib marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Rib marinade: Chilli basting</b>	21,65	1,57	0,20	429.9	733,09	1,09
<b>Mini tender marinade</b>						
<b>Meat marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Meat marinade: Chilli basting</b>	21,65	1,57	0,20	429.9	733,09	1,09
<b>Meat marinade: Dry pepper</b>	4,75	0,80	2,05	150,07	41,42	1,58
<b>Mini tender 'n boerewors (without mini tender marinade)</b>						
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
<b>Mini tender marinade</b>						
<b>Meat marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Meat marinade: Chilli basting</b>	21,65	1,57	0,20	429.9	733,09	1,09
<b>Meat marinade: Dry pepper</b>	4,75	0,80	2,05	150,07	41,42	1,58
<b>Mini tender 'n chops (without mini tender marinade or chop marinade)</b>						
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
<b>Mini tender marinade</b>						
<b>Meat marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1

<b>Meat marinade: Chilli basting</b>	21,65	1,57	0,20	429,9	733,09	1,09
<b>Meat marinade: Dry pepper</b>	4,75	0,80	2,05	150,07	41,42	1,58
<b>Chop marinade to add</b>						
<b>Chop marinade: TnT basting</b>	11,00	0,75	0,05	218,50	373,00	0,55
<b>Chop marinade: Chilli basting</b>	10,83	0,78	0,10	214,96	366,55	0,54
<b>Chop marinade: Dry pepper</b>	3,33	0,56	1,44	105,05	29,00	1,10
<b>Mini tender 'n calamari (without mini tender marinade)</b>						
Mini tender 'n calamari (rump + lemon butter marinade for calamari)	1,16	93,17	59,44	3855,88	1035,59	0,05
Mini tender 'n calamari (sirloin + lemon butter marinade for calamari)	1,16	91,61	65,48	4071,88	1037,59	0,05
Mini tender 'n calamari (fillet + lemon butter marinade for calamari)	1,16	107,81	52,68	3887,88	933,59	0,05
Mini tender 'n calamari (rump + peri peri marinade for calamari)	7,65	93,19	43,27	3352,39	1324,55	0,02
Mini tender 'n calamari (sirloin + peri peri marinade for calamari)	7,65	91,63	49,31	3568,39	1326,55	0,02
Mini tender 'n calamari (fillet + peri peri marinade for calamari)	7,65	107,83	36,51	3384,39	1222,55	0,02
Mini tender 'n calamari (rump + sweet chilli marinade for calamari)	19,41	92,75	43,37	3527,99	1218,55	0,22
Mini tender 'n calamari (sirloin + sweet chilli marinade for calamari)	19,41	91,19	49,41	3743,99	1220,55	0,22
Mini tender 'n calamari (fillet + sweet chilli marinade for calamari)	19,41	107,39	36,61	3559,99	1116,55	0,22
<b>Mini tender marinade</b>						
<b>Meat marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Meat marinade: Chilli basting</b>	21,65	1,57	0,20	429,9	733,09	1,09
<b>Meat marinade: Dry pepper</b>	4,75	0,80	2,05	150,07	41,42	1,58
<b>Mini tender 'n squid heads (without mini tender marinade)</b>						
Mini tender 'n squid heads (rump + lemon butter dipping sauce)	11,95	63,89	66,72	3812,82	743,49	0,35
Mini tender 'n squid heads (sirloin + lemon	11,95	62,33	72,76	4028,82	745,49	0,35

butter dipping sauce)						
Mini tender 'n squid heads (fillet + lemon butter dipping sauce)	11,95	78,53	59,96	3844,82	641,49	0,35
Mini tender 'n squid heads (rump + peri peri dipping sauce)	21,68	63,93	42,46	3057,58	1176,93	0,31
Mini tender 'n squid heads (sirloin + peri peri dipping sauce)	21,68	62,37	48,5	3273,58	1178,93	0,31
Mini tender 'n squid heads (fillet + peri peri dipping sauce)	21,68	78,57	35,7	3089,58	1074,93	0,31
Mini tender 'n squid heads (rump + sweet chilli dipping sauce)	39,32	63,26	42,62	3320,98	1017,93	0,61
Mini tender 'n squid heads (sirloin + sweet chilli dipping sauce)	39,32	61,7	48,66	3536,98	1019,93	0,61
Mini tender 'n squid heads (fillet + sweet chilli dipping sauce)	39,32	77,9	35,86	3352,98	915,93	0,61
<b>Mini tender marinade</b>						
<b>Meat marinade: TnT basting</b>	22	1,5	0,1	437	746	1,1
<b>Meat marinade: Chilli basting</b>	21,65	1,57	0,20	429,9	733,09	1,09
<b>Meat marinade: Dry pepper</b>	4,75	0,80	2,05	150,07	41,42	1,58

## 11) SIDE ORDERS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Mashed potato	58,23	7,1	8,57	1355,23	396,29	4,75
Rice	51,01	4,49	0,45	974,60	3,30	0,91
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 fry veg	22,9	7,26	16,04	1062,8	1113,42	7,34
Steamed veg	22,9	7,26	1,04	492,8	1113,42	7,34
Side grilled mushrooms	5,7	3,83	16,28	777,95	525,9	1,79



Side Chimchurri mushrooms	7,94	4,23	33,57	1464,22	764,84	2,32
Chips 'n veg	65,96	10,1	22,84	2006,82	382,7	8,45
Chips 'n stir fry veg	47,57	7,4	10,14	1232,98	67,74	6,47
Pap 'n veg	70,94	9,86	15,11	1873,37	924,92	7,07
Rice n' veg	80,41	10,37	13,64	1978,58	371,93	6,55
Mash 'n veg	56,96	9,23	17,46	1648,29	565,79	7,74
Baked potato 'n veg	94,4	13,38	13,69	2153,47	393,64	10,64
Grilled sweet potato	75,52	6,2	4,45	1510,4	733,43	11,34
Vegetables	36,21	7,39	18,31	1320,33	798,15	8,29
Side Boerewors	1,8	34,38	27,54	1666,8	1402,2	5,22
Steak 'n salad (side salad French)	8,22	44,16	14,54	1448,51	27,33	4,04
Steak 'n salad (side salad house)	6,56	18,39	16,71	1003,56	900,93	2,64
Steak 'n salad (side salad Greek)	4,65	49,72	28,95	2057,7	1371,43	2,46
Steak 'n salad (side salad blue cheese)	11,19	53,39	32,85	2335,25	687,1	4,04

## 12) SAUCES & STEAK TOPPINGS (per 100g)

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Bordelaise sauce with bone marrows	17,40	3,02	25,59	1358,53	1604,39	0,68
Mushroom 'n feta	2,47	5,05	22,50	962,91	454,92	0,60
Snail 'n brandy	4,42	5,05	42,58	1984,88	1301,06	0,45
Mussel 'n white wine	5,80	7,35	30,96	1447,76	459,04	0,24
Cheese 'n biltong	5,88	24,27	24,71	1442,00	1246,73	0,35
Tartar sauce	14,03	2,37	9,92	1297,88	62,64	3,47
Blue cheese sauce	5,69	7,31	24,02	1109,85	603,18	0,00
Cheese sauce	4,75	10,58	28,78	1330,07	407,53	0,00
Pepper sauce	7,83	1,31	15,52	722,28	381,10	0,41
Mushroom sauce	6,59	1,74	18,72	831,46	328,32	0,25
Madagascar sauce	3,68	1,44	24,15	1218,74	100,89	0,00
Chimichurri sauce	4,49	0,80	34,57	1372,55	477,89	1,07
Garlic sauce	9,06	2,39	39,09	1646,39	452,31	0,12
Lemon butter	14,23	1,32	10,12	1305,94	485,78	2,66

Wasabi mayo	2,38	1,46	41,16	1608,74	23,59	0,06
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### 13) DESSERTS AND MILKSHAKES

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (g)
Ice cream and Bar-One sauce	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	43,08	9,38	53,58	2892,82	304,74	0,4
Bar one cheesecake	70,66	12	65,82	3869,49	392,63	1,09
Crème brûlée	29,1	5,21	39,01	2032,03	39,16	0,93
Specialty coffee (Kahlua)	17,44	1,76	18,88	1442,91	28,67	0
Specialty coffee (Jameson)	6,44	1,76	18,88	1073,41	26,17	0
Dom Pedro (Kahlua)	56,89	5,17	16,26	2501,74	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	1762,74	118,27	0
Milkshake: strawberry, banana, lime 'n bubblegum	42,75	6,77	18,16	1528,79	138,87	0
Milkshake: Barone	59,4	8,37	27,13	2178,72	174,14	0,39

### 14) EXTRAS ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Na (mg)	Fiber (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