

Brewhouse Nutrition Report

Last Edited: 5/18

To support the dietary needs of our students, we provide detailed nutritional information for all meals on the school menu. This data has been calculated using our nutritional analysis system and reflects the ingredients and portion sizes at the time the menu was issued. Please note that data may be subject to change due to product or dish modifications

There are menu variations across our schools - please use this data alongside your school menu to determine the values of each dish.

If you have any questions or need further assistance, please reach out to our nutrition team at Nutrition@Impactfood.co.uk.

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Bang Bang Chicken Loaded Fries	344	408.0	7.7	65.1	15.7
Bang Bang Halal Chicken Loaded Fries	344	424.6	9.9	65.1	14.8
Bang Bang Veggie Loaded Fries	325	390.4	6.8	66.4	11.3
Banoffee Flips	143	302.1	5.4	54.3	8.0
Buffalo Chicken Wrap	171	275.1	12.3	25.7	15.1
Caprese Baguette	261	565.8	20.9	68.7	25.3
Caprese Baguette Malted	256	564.6	20.9	67.7	26.0
Cheese & Onion Slice	127	280.7	14.0	30.5	6.5
Cheese Cruffin	84	331.3	20.0	26.7	10.3
Cheesy Bean Ciabatta	220	445.8	9.9	66.9	19.3
Chicken & Ham Slice	130	378.3	20.8	35.1	10.4
Chicken Pesto & Mozzarella Ciabatta	251	536.0	16.8	64.2	32.2
Chicken Tikka & Chutney Slaw Wrap	241	285.1	10.0	25.8	21.0
Chickpea Lemon & Cream Cheesecake	197	712.8	38.8	80.8	9.3
Choco Raisin & Biscuit Squassant	131	591.2	33.2	62.7	8.2
Chocolate & Beetroot Cake	176	567.1	28.3	69.0	6.9
Coconut Frangipane	124	526.7	35.5	45.3	5.2
Falafel And Red Pepper Houmous Wrap	246	276.3	8.7	37.8	8.1
Fishfinger Subwich	245	483.1	12.8	69.7	19.3
Garlic Ciabatta Beef Sloppy Joe & Salad	268	409.8	16.0	43.3	21.6
Garlic Ciabatta Veggie Sloppy Joe & Salad	313	401.6	12.9	47.4	21.3
Halal Buffalo Chicken Wrap	171	275.1	12.3	25.7	15.1
Halal Chicken Tikka & Chutney Slaw Wrap	241	285.1	10.0	25.8	21.0
Halal Garlic Ciabatta Beef Sloppy Joe & Salad	268	429.8	18.4	43.3	21.2
Halal Mexican Chicken Focaccia	164	247.5	8.9	27.5	15.8
Halal Pepperoni Focaccia	101	245.4	12.3	25.0	10.4
Halal Piri Piri Chicken & Jalapeno Wrap	184	222.0	8.4	15.2	20.2
Halal Pizza Pie Pepperoni	227	511.2	13.6	75.4	20.2
Halal Tex Mex Beef Burritos	379	486.7	15.2	62.7	22.8
Homemade Millionaires Shortbread	107	486.3	26.3	56.9	4.9
Hot Glazed Gammon & Stuffing Baguette with Gravy Dip	402	533.5	5.1	90.2	28.7
Hot Halal Turkey & Stuffing Baguette with Gravy Dip	391	532.4	5.6	80.8	37.2
Hot Lemon & Thyme Halal Chicken & Stuffing Baguette with Gravy Dip	347	496.1	3.5	76.7	36.5
Hot Roast Pork & Stuffing Baguette with Gravy Dip	391	584.9	14.8	80.4	29.3
Hot Salt & Pepper Halal Chicken & Stuffing Baguette with Gravy Dip	406	514.7	3.6	80.5	36.8
Hot Turkey & Stuffing Baguette with Gravy Dip	391	532.4	5.6	80.8	37.2
Iced Donut	60	256.8	13.8	29.4	3.2
Italian Vegetable & Buffalo Mozzarella Focaccia	138	264.0	13.6	25.8	11.1
Lemon & Cream Cheese Squassant	131	374.6	17.5	46.9	6.8
Loaded Fries Concept Halal Meat Special	421	508.8	19.0	55.6	25.4
Loaded Fries Concept Meat Special	419	521.6	21.4	54.5	23.9
Loaded Fries Concept Veggie Special	363	436.9	15.9	55.2	14.4
Loaded Halal Chicken Fire Dogs	290	561.2	13.2	86.2	21.1
Loaded Nachos Concept Halal Meat Special	341	648.4	29.2	66.7	26.2
Loaded Nachos Concept Meat Special	339	661.2	31.6	65.6	24.7
Loaded Nachos Concept Veggie Special	283	576.5	26.1	66.3	15.2
Loaded Pork Fire Dogs	303	577.2	15.9	76.4	28.5
Loaded Veggie Fire Dogs	290	587.4	17.4	76.1	29.8
Margherita Focaccia	119	264.8	13.3	25.1	13.1
Mexican Chicken Focaccia	164	247.5	8.9	27.5	15.8
Onion Bhaji & Slaw Wrap	297	449.9	18.0	58.3	9.9
Overnight Oats with Chia, Berries & Cocoa	242	377.5	10.5	55.8	11.1
Pepperoni Focaccia	101	274.5	15.6	24.8	10.6
Piri Piri Chicken and Jalapeno Wrap	184	222.0	8.4	15.2	20.2
Pizza Pie Margherita	216	475.7	10.6	75.2	18.2
Pizza Pie Pepperoni	227	532.8	16.0	75.3	20.3
Roast Vegetable, Pesto & Violife Baguette	280	618.5	25.0	82.2	13.1
Roast Vegetable, Pesto & Violife Malted Baguette	275	617.3	25.0	81.2	13.7
Rocky Road	110	541.9	30.6	59.8	5.1
Tex Mex Beef Burritos	379	457.9	11.6	62.7	23.5
The Ultimate Ham & Cheese Toastie	249	625.1	24.7	67.3	31.7
Triple Cheese Toastie	211	580.4	23.4	67.1	23.6
Vegan Apple & Cinnamon Bircher	350	539.6	6.3	103.2	12.7
Victoria Sponge	135	563.0	31.6	64.3	5.2
White Chocolate & Cranberry Squassant	99	440.8	22.2	52.8	6.2
Bacon Baguette	225	495.1	14.0	64.5	26.9

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
BBQ Crispy Chicken Open Wrap	236	423.1	16.0	48.3	18.9
BBTI Halal Harissa Chicken & Houmous	51	93.5	1.6	13.5	6.0
BBTI Ham Salad	44	79.2	2.1	11.6	3.6
BBTI Harissa Chicken & Houmous	51	93.5	1.6	13.5	6.0
BBTI Lemon and Black Pepper Tuna	53	96.4	3.1	11.8	4.9
BBTI Mozzarella Tomato Pesto Mayo	47	103.9	4.4	11.7	4.3
BBTI Vegan Onion Bhaji & Mango Chutney	70	119.1	3.8	17.8	2.7
Breakfast Pancake Maple Syrup	100	252.8	2.3	54.8	4.0
Breakfast Wrap - Meat	176	368.4	22.1	21.4	20.8
Breakfast Wrap - Veggie	162	324.9	17.2	26.0	13.5
Cajun Tuna & Red Pepper Pasta Pot	286	479.8	9.9	71.8	23.9
Cereal & Milk 8oz	150	153.6	2.2	26.9	6.3
Cheese & Bacon Bagel	218	542.5	24.2	49.5	31.6
Cheese & Tomato Bagel	178	384.8	11.7	51.5	19.8
Cheese Salad Pot	175	226.1	17.3	3.5	15.9
Cheese Salad Sub	205	379.0	12.9	49.1	17.1
Chicken & Sweetcorn Pasta Pot	274	519.0	14.7	71.5	23.4
Chicken Caesar Baguette	250	552.5	15.2	67.8	33.9
Chicken Caesar Baguette Malted	245	551.3	15.1	66.8	34.5
Chicken Caesar Salad	262	345.5	23.0	11.2	22.8
Chicken Salad Pot	165	73.9	0.9	3.0	15.4
Chipotle Roasted Squash & Chickpea Salad	357	284.2	6.7	38.8	10.2
Coronation Chicken Bloomer	192	393.9	11.5	45.2	25.8
Coronation Chicken Malted Bloomer	192	378.8	11.4	41.6	25.8
Coronation Chickpea Bloomer	154	303.6	5.9	49.1	10.5
Coronation Chickpea Bloomer Malted	154	288.8	5.8	45.6	10.4
Crispy Katsu Chicken Open Wrap	233	471.6	14.6	64.1	19.7
Dropped Pancake with Fruit Toppings	139	284.3	7.5	44.3	9.1
Fruit Salad Pot 4oz	69	31.5	0.1	7.1	0.3
Garlic & Chilli Noodles	332	539.1	20.9	77.6	12.2
Grape Pot 4oz	64	42.4	0.1	9.9	0.3
Halal Chicken Pesto & Mozzarella Ciabatta	251	536.0	16.8	64.2	32.2
Halal BBQ Crispy Chicken Open Wrap	236	423.1	16.0	48.3	18.9
Halal Breakfast Wrap - Meat	133	291.9	15.5	26.5	10.8
Halal Chicken & Sweetcorn Pasta Pot	283	532.0	14.9	71.6	26.3
Halal Chicken Caesar Baguette	250	536.9	14.9	69.1	25.8
Halal Chicken Caesar Baguette Malted	245	535.7	14.8	68.1	26.5
Halal Chicken Caesar Salad	262	345.5	23.0	11.2	22.8
Halal Chicken Salad Pot	165	73.9	0.9	3.0	15.4
Halal Chicken Sausage (Beef Casing) Salt & Pepper Shake Fries	328	397.6	14.4	51.5	12.7
Halal Chicken Sausage Baguette	255	554.2	14.4	82.6	20.7
Halal Coronation Chicken Bloomer	192	393.9	11.5	45.2	25.8
Halal Coronation Chicken Malted Bloomer	192	363.2	11.1	42.9	17.7
Halal Crispy Katsu Chicken Open Wrap	233	471.6	14.6	64.1	19.7
Halal Half Chicken Sausage Baguette	127	277.1	7.2	41.3	10.3
Halal Homemade Sausage Roll	150	391.5	19.2	42.3	11.7
Halal Sausage Cheese & Hash Brown Muffin	193	408.1	15.7	49.3	16.2
Halal Sweet Chilli Chicken Open Wrap	173	222.3	8.4	21.9	13.3
Hard Boiled Egg Salad Pot	212	133.1	8.2	2.7	14.7
Home Made Sausage Roll	175	460.5	28.3	37.2	12.6
Honey & Vanilla Yogurt 4oz	90	71.4	0.3	16.4	0.6
Hot Pesto Pasta with Roasted Tomatoes	303	495.0	20.1	63.7	13.6
Korean Glazed Eat Curious Pieces Crunchy Veg & Noodle Salad	341	378.8	7.9	57.8	19.2
Korean BBQ Quorn Open Wrap	199	265.4	12.8	23.2	10.7
Lentil & Chick Pea Dahl with Crispy Bombay Potatoes	327	224.2	6.2	28.6	10.3
Mango & Strawberry Yogurt 4oz	90	44.7	0.4	9.6	0.6
Mango & Vanilla Yogurt 4oz	90	44.6	0.4	9.6	0.6
Maple and Chilli Cauliflower Wings with Cajun Wedges	336	388.9	4.1	77.3	8.1
Mini Bacon Baguette	113	247.5	7.0	32.2	13.5
Mini Sausage Baguette	116	247.8	6.0	34.6	12.6
Onion Bhaji Skewer with Bombay Potatoes	524	562.8	24.5	70.4	11.1
Oreo Style Cookie	57	255.7	14.3	28.1	3.1
Pineapple Pot 4oz	60	27.6	0.1	6.1	0.2
Plain Vanilla Yogurt 4oz	70	10.0	0.3	1.2	0.6
Pork Sausage (Beef Casing) Salt & Pepper Shake Fries	341	533.3	27.7	49.7	15.8
Protein Pot - Cheese 4oz	30	124.2	10.2	0.5	7.5
Protein Pot - Tuna 4oz	42	54.3	1.8	0.3	9.3
Roast Vegetable, Pesto & Mozzarella Wrap	175	261.3	17.6	13.8	10.8
Roasted Butternut, Sweetcorn & Chipotle Pasta	473	359.2	6.0	61.3	11.7
Roasted Vegetable Salad	211	108.7	5.7	10.0	2.6
Sausage Baguette	233	495.7	11.9	69.3	25.3
Sausage Cheese & Hash Brown Muffin	186	391.6	15.7	42.8	18.4
Sausage Rolls Brakes	103	296.6	17.5	26.8	5.8
Singapore Fried Rice	272	420.3	15.9	57.6	8.6
Southern Fried Ranch Quorn Open Wrap	198	259.9	13.1	20.7	11.1
Spicy Houmous Salad Sub	183	418.8	16.3	52.9	12.1
Spicy Vegetable & Noodle Salad	255	310.6	7.5	50.3	11.7

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)
Strawberry Yogurt 4oz	70	10.1	0.3	1.2	0.6
Sushi with Japanese Slaw	215	311.3	5.0	56.7	6.1
Sweet Chilli Chicken Open Wrap	159	156.1	4.1	15.3	13.3
The Big Plant Burger	186	433.6	18.5	33.9	28.1
Toast Malted Bloomer	50	112.5	0.6	22.0	4.1
Toast White	50	121.0	0.7	24.0	4.1
Toasted Buttered Bagel	110	288.2	5.2	50.0	9.0
Toasted Crumpets	60	126.7	4.1	18.7	3.0
Toasted Teacake	65	180.7	4.7	29.6	4.3
Toffee & Vanilla Yogurt 4oz	80	42.3	1.1	6.7	1.2
Tuna & Cucumber Bloomer	139	263.4	2.9	43.3	14.8
Tuna & Cucumber Bloomer Malted	139	248.3	2.8	39.7	14.8
Tuna Crunch Baguette	264	440.4	5.2	68.3	27.6
Tuna Crunch Baguette Malted	259	439.2	5.2	67.3	28.2
Tuna Mayo Salad Pot	206	140.3	6.5	4.0	18.5
Tuna Melt Ciabatta	216	502.5	14.9	62.5	27.9
Vegan Korean Noodles Salad	343	499.0	12.6	84.6	15.5
Vegan Roasted Cauliflower Salad	310	424.0	11.3	56.4	20.0
Vegan Salt & Pepper Shake Fries	325	362.3	12.0	45.5	12.7
Vegan Singapore Noodles	239	322.6	2.2	67.5	12.1
Vegan Tomato & Basil Pasta Salad 16oz	265	341.4	2.3	66.8	11.4
Vegetable Sticks with Houmous	177	161.3	9.1	13.2	4.2
Vegetarian Sausage Cheese & Hash Brown Muffin	186	402.4	16.9	43.6	16.5
Waffle Plain	90	387.0	19.8	45.0	6.1
Watermelon Pot 4oz	62	16.1	0.1	3.5	0.3