



MENU

FISH

Fresh battered fish

Small	£4.00
Medium	£4.50
Large	£6.50

Fresh battered fish supper

Battered fish, chips and peas

Small	£6.00
Medium	£7.00
Large	£9.00

SIDES

Chips	£2.50
Curry or gravy chips	£3.90
Peas	£1.50
Curry or gravy sauce	£1.50
Mayonnaise dip	50p
Sweet chilli dip	50p

OTHER MAINS

Pastie	£2.00
Pastie supper	£4.50
Sausage supper	£4.20
Battered sausage supper	£4.50
Small steak burger	£2.00
¼ steak burger	£2.50
¼ cheese burger	£3.00
Grilled chilli halloumi bun	£4.00
Chicken fillet burger	£4.00

DRINKS

Bottle drinks	£1.50
Canned drinks	£1.20
Water	£1.00



NUTRITION INFORMATION

Item	Amount	Calories	Fat
Fresh battered fish*			
Small	4oz/113g	257cal	18.9g
Medium	6oz/170g	408cal	29.4g
Large	10oz/283g	750cal	57.4g

**Fried in palm fat*

Portion of chips**			
Small	5oz/142g	295cal	11.9g
Medium	10oz/283g	589cal	23.8g
Large	15oz/425g	884cal	35.7g

***Fried sized 14mm x 17mm chips in palm fat*

Portion of peas			
Small	3oz/85g	97cal	0.7g
Medium	5oz/142g	161cal	1.1g
Large	7oz/198g	192cal	1.4g

Item	Total Calories	Total Fat
------	----------------	-----------

Fish Supper

Small	649cal	31.5g
Medium	1158cal	54.3g
Large	1826cal	94.5g

Example Meals

Meal A: Large fish supper	1826cal	94.5g
Meal B: Small fish supper	649cal	31.5g
Meal C: Medium fish + medium peas	569cal	30.5g
Meal D: Small fish + small peas	354cal	18.9g

This information is correct as of April 2021.

DPP and DRP UK v2.0

Confidential: The information contained herein contains trade secrets and/or commercial or technical information of Discover Momenta Limited.

Artwork by csidedesign Limited.

© Discover Momenta Limited 2024. All rights reserved.

Momenta's use of product names, likenesses and photographs are for educational and exemplary purposes only; no intellectual property infringement is intended. Momenta does not endorse any particular products or manufacturers, does not receive any benefit or compensation of any kind from any manufacturers or distributors of these products, and provides this information only as sample educational material for the purpose of educating its participants on nutritional content and analysis for the goals of diabetes prevention, weight management and weight loss.