

Jacket Potato

Cheese

takeaway £2.95

eat in £3.55

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
317	2.8	1.4	60.2	12.9	11	4.5

Beans

takeaway £2.95

eat in £3.55

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
375	1.1	0.2	80.6	11	11	0.5

Cheese & Beans

takeaway £3.50

eat in £4.25

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
426	3.2	1.4	81.2	18.3	14	4.5

Tuna Mayo

takeaway £3.10

eat in £3.75

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
344	1.9	0.4	61.1	21	10	1.5

Chicken Mayo

takeaway £3.20

eat in £3.95

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
365	3.2	0.8	61.1	23.1	11	1.5

Coronation

takeaway £3.30

eat in £4.00

Chicken

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
392	3.9	0.9	65.5	23.9	11	1.5

Sweet

takeaway £3.50

eat in £4.25

Chilli Prawn

Cals	Fat	Sat	Carbs	Protein	ProPoints	Syns EE
341	1.1	0.3	67.7	15.3	11	2

All Jacket Potatoes are served with salad and our homemade Skinnislaw