

Restaurant Name	Meal	Dish Name	Dish Description	Portion Weight (g)	Sodium (g) per 100 g	Salt (g) per 100 g	Sodium (g) per portion	Salt (g) per portion	Trading Standards Dept	Date Sample Taken
ASK	Starter/Side	Mushroom al Forno	Baked mushrooms stuffed with mozzarella grana padano cheese, chopped mushrooms, onions garlic and breadcrumbs. Served with mixed salad leaves and garlic mayonnaise	168	0.30	0.76	0.50	1.28	Lincolnshire CC	6/11/08
ASK	Starter/Side	Chevre Grill	Ciabatta bread, grilled goats cheese, balsamic caramelised onions, and beef tomatoes. Served on a mixed leaf and marinated tomato salad , with balsamic and olive oil dressing	176	0.27	0.69	0.48	1.21	Lincolnshire CC	6/11/08
ASK	Main Course	Fiesta di Carne Pizza	Pizza with prosciutto, pepperoni, pancetta, red onion, and fresh rosemary	428	0.60	1.53	2.57	6.55	Lincolnshire CC	6/11/08
ASK	Main Course	Calzone di Pollo e Pancetta	Folded pizza with sliced chicken breast, pancetta, sauteed leeks, mushrooms, mozzarella and pomodoro sauce	538	0.38	0.97	2.04	5.22	Lincolnshire CC	6/11/08
ASK	Main Course	Penne al Pollo della Casa Al Fono	Seasoned chicken breast and mushroom, creamy wild mushroom sauce with thyme and white wine, melted grana padano cheese	470	0.21	0.53	0.99	2.49	Lincolnshire CC	6/11/08
ASK	Dessert	Honeycomb cheesecake	A rich and creamy cheesecake on a cookie base, with crunchy honeycomb chocolate pieces	136	0.18	0.46	0.24	0.63	Lincolnshire CC	6/11/08
Beefeater	Starter/Side	Crispy Potato Shells	Potato shells with sour cream and chive dip, and bacon and mushroom topped with an Italian tomato sauce	358	0.29	0.73	Not Provided	2.61	Bracknell Forest TS	12/11/08
Beefeater	Starter/Side	Prawn Cocktail	with smoked salmon, Marie Rose sauce and bread	193	0.47	1.20	Not Provided	2.32	Bracknell Forest TS	12/11/08
Beefeater	Main Course	Large Beef Burger	9oz burger, blended with a light seasoning. Served with chips, mixed salad and cheese and bacon topping.	606	0.34	0.86	Not Provided	5.21	Bracknell Forest TS	12/11/08
Beefeater	Main Course	Beef Burger	6oz burger, blended with a light seasoning. Served with chips, mixed salad and cheese and bacon topping.	589	0.33	0.84	Not Provided	4.95	Bracknell Forest TS	12/11/08
Beefeater	Main Course	Sirloin Steak	8oz Sirloin steak, grilled tomato, flat mushroom and chips	485	0.03	0.08	Not Provided	0.39	Bracknell Forest TS	12/11/08
Beefeater	Dessert	Apple Crumble	served with custard	218	0.06	0.15	Not Provided	0.33	Bracknell Forest TS	12/11/08
Bella Italia	Starter/Side	Bruschetta	Toasted ciabatta topped with marinated plum tomatoes, red onion, basil and rocket leaves	193.7	0.26	0.66	Not Provided	1.28	Staffordshire	20/10/08
Bella Italia	Starter/Side	Garlic Grossini	Hot bread batons with garlic butter	106.1	0.45	1.14	Not Provided	1.21	Staffordshire	20/10/08
Bella Italia	Main Course	Pepperoni Pizza	Double spicy pepperoni and sliced fresh green chillies	352.0	0.63	1.6	Not Provided	5.63	Staffordshire	20/10/08
Bella Italia	Main Course	Pollo alla Griglia	Chargrilled chicken breast with a dolcelatté, white wine and cream sauce, served with garlic mushrooms, fries and a rocket & tomato salad	443.2	0.28	0.66	Not Provided	2.93	Staffordshire	20/10/08
Bella Italia	Main Course	Penne Pollo a Crema	Chicken, pancetta bacon, roasted peppers, red onion and penne pasta, parmesan, baked in a white wine and cream sauce	383.1	0.13	0.33	Not Provided	1.26	Staffordshire	20/10/08
Bella Italia	Dessert	The Godfather	Nutty chocolate fudge brownies, vanilla and toffee ice cream with chocolate crunch, chocolate sauce , fresh cream and wafer curls	203.8	0.11	0.28	Not Provided	0.57	Staffordshire	20/10/08
Café Rouge	Starter/Side	Soupe à l'Oignon	French onion soup with melted Gruyère crouton	272	0.35	0.88	0.95	2.42	North Yorkshire CC	?
Café Rouge	Starter/Side	Fritôts de Camembert	Deep fried Camembert with redcurrant & cranberry sauce	100	0.61	1.53	0.61	1.55	North Yorkshire CC	?
Café Rouge	Main Course	Demi Poulet	Garlic and Thyme infused half roast chicken served with French fries, watercress and beurre maison	435	0.41	1.03	1.78	4.54	North Yorkshire CC	?
Café Rouge	Main Course	Salade de Chevre	Grilled goat's cheese croutons, marinated red peppers & black olives on a mixed leaf, pepper & red onion salad	259	0.4	1.00	1.04	2.64	North Yorkshire CC	?
Café Rouge	Main Course	Steak Frites	7oz prime sirloin with French fries, watercress and beurre maison	267	0.29	0.73	0.77	1.97	North Yorkshire CC	?
Café Rouge	Dessert	Tarte Tatin	Warm caramelised French apple tart with vanilla ice cream	163	0.04	0.10	0.07	0.17	North Yorkshire CC	?
Frankie and Benny's	Dessert	Cinnamon Waffle Crunch	A warm cinnamon waffle topped with scoops of vanilla ice cream and lashings of toffee crunch pieces and toffee sauce.	Not Provided	0.29	0.73	Not Provided	0.9	Kent CC	4/11/08
Frankie and Benny's	Starter/Side	Garlic Pizza Bread		Not Provided	0.51	1.3	Not Provided	2.1	Kent CC	4/11/08
Frankie and Benny's	Starter/Side	Frankie's Fried Calamari	Calamari coated in garlic breadcrumbs and sprinkled with Italian cheese, served with a warm Neapolitan dip.	Not Provided	0.48	1.22	Not Provided	1.7	Kent CC	4/11/08
Frankie and Benny's	Main Course	Chicken Penne Romana	Chicken breast pieces, spicy pepperoni and pancetta bacon tossed with Mamma's Neapolitan tomato and herb sauce.	Not Provided	0.42	1.07	Not Provided	6.0	Kent CC	4/11/08
Frankie and Benny's	Main Course	BBQ Ribs (Full Rack)	A full rack of baby back pork ribs, smothered in BBQ sauce. Served with fries	Not Provided	0.31	0.79	Not Provided	4.9	Kent CC	4/11/08
Frankie and Benny's	Main Course	Meatballs on Spaghetti	Five large classic pork and beef meatballs, spaghetti, rich tomato and beef ragu.	Not Provided	0.29	0.73	Not Provided	3.6	Kent CC	4/11/08

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Gourmet Burger Kitchen	Starter/Side	GBK Salad	Mixed leaf salad, cherry tomatoes, avocado, red onions, pine nuts & house dressing	248	0.16	0.40	Not Provided	0.99	Kent TS	Not Provided
Gourmet Burger Kitchen	Starter/Side	GBK Fries		250	0.08	0.20	Not Provided	0.50	Kent TS	Not Provided
Gourmet Burger Kitchen	Main Course	Chicken Camembert & Cranberry Burger	Fresh breast of chicken, camembert, cranberry sauce, salad, mayonnaise & relish in a sour dough sesame bun	461	0.28	0.72	Not Provided	3.32	Kent TS	Not Provided
Gourmet Burger Kitchen	Main Course	Portabella Burger	Whole Portabella mushroom, sweet red peppers, rocket, mayonnaise, red onion & pesto. Served in a fresh sour dough sesame seed bun	348	0.33	0.83	Not Provided	2.89	Kent TS	Not Provided
Gourmet Burger Kitchen	Main Course	Cheese Burger	100% Aberdeen-Angus Scotch beef, aged cheddar, salad, mayonnaise & relish. Burger served in fresh sour dough sesame seed bun	344	0.31	0.8	Not Provided	2.75	Kent TS	Not Provided
Gourmet Burger Kitchen	Dessert	GBK Milkshakes, Strawberry		500	0.05	0.14	Not Provided	0.70	Kent TS	Not Provided
Harvester	Starter/Side	Fully loaded Nachos (for one)	Stack of nachos served with guacamole, salsa, trio of mozzarella, cheddar and Monterey Jack cheeses, jalapenos, sour cream	246	0.48	1.2	Not Provided	3.0	Newport CC	28/10/08
Harvester	Starter/Side	Crackerjack King Prawns	Hot and spicy crunchy-coated king prawns with a sweet chilli sauce	138.5	0.44	1.1	Not Provided	1.5	Newport CC	28/10/08
Harvester	Main Course	The Original Spitroast Flamed Chicken	Half a freshly spitroasted chicken lightly seasoned in a secret recipe and served with barbeque dip	514	0.18	0.45	Not Provided	2.3	Newport CC	28/10/08
Harvester	Main Course	The Original Combo Flamed Chicken	Quarter of freshly spitroasted chicken and a half rack of flame-grilled ribs, served with classic barbeque dip	416	0.20	0.5	Not Provided	2.1	Newport CC	28/10/08
Harvester	Main Course	6oz Fillet Steak	6 oz flame-grilled steak, seasoned fries, beer battered onion rings, roasted flat cap mushroom, peas, grilled tomato	575	0.08	0.2	Not Provided	1.1	Newport CC	28/10/08
Harvester	Dessert	Bramley Apple Pie	Bramley apples, sweet shortcrust pastry base with muscovado sugar crumble topping. Served with custard	314	0.12	0.3	Not Provided	0.9	Newport CC	28/10/08
La Tasca	Starter/Side	Pan de Ajo con Queso	Garlic Bread with Cheese	171	0.55	1.40	0.9	2.4	Portsmouth CC	28/10/08
La Tasca	Starter/Side	Pan de Ajo	Garlic Bread	135	0.51	1.30	0.7	1.7	Portsmouth CC	28/10/08
La Tasca	Main Course	Selection of Tapas with Meat	Chicken wings, garlic mushrooms, spicy Spanish sausage, paella with spicy Spanish sausage, meatballs, fried potato in a spicy tomato sauce and Spanish style omelette	550	0.35	0.88	1.9	4.8	Portsmouth CC	28/10/08
La Tasca	Main Course	Selection of Tapas with Fish	Deep fried squid rings, spinach & avocado salad, paella with squid, prawns and mussels, fried potato, in a spicy tomato sauce, white fish deep fried in beer batter, grilled fish with a tomato and wine sauce, Spanish style omelette	545	0.29	0.74	1.6	4.0	Portsmouth CC	28/10/08
La Tasca	Dessert	Tarta de Queso, Chocolate y Naranja	Orange and Chocolate Cheesecake	115	0.13	0.34	0.15	0.39	Portsmouth CC	28/10/08
La Tasca	Dessert	Tarta de Queso con Chocolate	White and Dark Chocolate Cheesecake	111	0.13	0.32	0.14	0.36	Portsmouth CC	28/10/08
Nando's	Starter/Side	Red Pepper Dip with Warm Pitta Bread	Roasted red pepper with chilli and spices	305	0.50	1.28	1.5	3.9	Hampshire CC	22/10/08
Nando's	Starter/Side	Houmous with PERI-PERi Drizzle	Richly flavoured PERI-PERi oil, Houmous, warm Pitta	301	0.36	0.91	1.1	2.7	Hampshire CC	22/10/08
Nando's	Main Course	PERI-PERi 1/2 Chicken	1/2 chicken marinated in Peri-Peri spice, flamegrilled. Served with medium strength sauce, coleslaw and chips	717	0.19	0.47	1.3	3.4	Hampshire CC	22/10/08
Nando's	Main Course	PERI-PERi 5 chicken wings	5 chicken wings marinated in Peri-Peri spice, flamegrilled. Medium with coleslaw and chips	441	0.28	0.72	1.3	3.2	Hampshire CC	22/10/08
Nando's	Main Course	Chicken Breast Fillet Burger	Breat fillets marinated, served in a roll, medium with coleslaw and chips	580	0.22	0.55	1.3	3.2	Hampshire CC	22/10/08
Nando's	Dessert	Naughty Natas	Custard tart	56.0	0.12	0.30	0.07	0.17	Hampshire CC	22/10/08
Old Orleans	Starter/Side	Grilled Chicken Wings	Chicken wings, spicy BBQ sauce, flame grilled to order. Served with blue cheese dressing	210	0.93	2.36	Not Provided	4.96	Oxfordshire CC	15/10/08
Old Orleans	Starter/Side	Grilled Enchiladas	Two flour tortillas filled with cheese, peppers, red onion and jalapeños, tomato salsa and grated cheese	227	0.46	1.18	Not Provided	2.68	Oxfordshire CC	15/10/08
Old Orleans	Starter/Side	Garlic Bread	No description	51	0.56	1.43	Not Provided	0.73	Oxfordshire CC	15/10/08
Old Orleans	Main Course	Chicken Fajitas	Char-grilled chicken breast, Chef Paul Prudhomme' Cajun spices, stir-fried peppers and onions, flour tortillas, grated cheese, tomato salsa, guacamole and sour cream.	665	0.52	1.33	Not Provided	8.84	Oxfordshire CC	15/10/08
Old Orleans	Main Course	Wings and Ribs	Grilled half rack of baby back ribs brushed with BBQ sauce, side char-grilled chicken wings. Served with creamy coleslaw and Old Orleans BBQ sauce and fries	696	0.43	1.09	Not Provided	7.59	Oxfordshire CC	15/10/08
Old Orleans	Main Course	Cheese Burger	Monterey Jack cheese. Burger served in a toasted bun with mayonnaise, lettuce, onion, beef tomato and onion rings. Served with fries and coleslaw.	639	0.23	0.59	Not Provided	3.77	Oxfordshire CC	15/10/08
Old Orleans	Dessert	Apple Pie	Filled with bramley apples, sultanas and cinnamon and served with vanilla ice cream.	315.9	0.196	0.5	Not Provided	1.58	Oxfordshire CC	22/1/09
Pizza Express	Starter/Side	Baked Dough Balls	Dough balls to dip in garlic butter	107	0.590	1.50	Not Provided	1.60	Plymouth CC	22/10/08
Pizza Express	Starter/Side	Noci	Nuts and seeds roasted with chilli, rock salt and rosemary.	80	0.240	0.61	Not Provided	0.50	Plymouth CC	22/10/08
Pizza Express	Main Course	American Hot Classic Pizza	Classic pizza with pepperoni, and a choice of hot green, roquito or jalapeno peppers	343	0.860	2.19	Not Provided	7.50	Plymouth CC	22/10/08

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Pizza Express	Main Course	Pollo Pesto Pasta	Cavatappi pasta with chicken breast, mushrooms, red onions and mozzarella in a creamy gruyere, parmesan pesto sauce and grana padano	751	0.280	0.71	Not Provided	5.30	Plymouth CC	22/10/08
Pizza Express	Main Course	La Reine Classic Pizza	Pizza with Prosciutto cotto ham, olives and mushrooms.	362	0.510	1.30	Not Provided	4.70	Plymouth CC	22/10/08
Pizza Express	Dessert	Cheesecake	Baked cream cheese and sour cream on a crumbly base served on a fruit coulis	97	0.270	0.69	Not Provided	0.70	Plymouth CC	22/10/08
Prezzo	Starter/Side	Mozzarella In Carozza	Mozzarella cheese deep-fried in breadcrumbs served with pomodoro sauce	177	Not Provided	Not Provided	Not Provided	0.97	Reading TS	27/10/08
Prezzo	Starter/Side	Mushrooms al Forno	Baked mushrooms stuffed with parmesan, garlic, onion and breadcrumbs	210	Not Provided	Not Provided	Not Provided	0.65	Reading TS	27/10/08
Prezzo	Main Course	Quattro Formaggi Pizza	Gorgonzola, goats cheese, parmesan, mozzarella, tomato	404	Not Provided	Not Provided	Not Provided	4.24	Reading TS	27/10/08
Prezzo	Main Course	Chicken, Bacon and Avocado Insalate	Chargrilled chicken breast with crispy pancetta bacon with avocado, cucumber, cherry tomatoes, focaccia croutons and mixed leaves tossed in a honey mustard dressing	343	Not Provided	Not Provided	Not Provided	3.12	Reading TS	27/10/08
Prezzo	Main Course	Pollo Carbonara Al Forno	Seasoned chicken, pancetta bacon and linguine in a creamy parmesan sauce	505	Not Provided	Not Provided	Not Provided	2.32	Reading TS	27/10/08
Prezzo	Dessert	Honeycomb Cheesecake		109	Not Provided	Not Provided	Not Provided	0.50	Reading TS	27/10/08
Strada	Starter/Side	Aglio Garlic Bread	Basket of garlic and rosemary bread	164	0.78	1.98	Not Provided	3.25	Gloucestershire TS	29/10/08
Strada	Starter/Side	Bruschetta con Peperonata	Chargrilled ciabatta bread rubbed with garlic, with a warm caramelised pepper & onion peperonata, crumbled goats cheese and fresh basil	122	0.30	0.75	Not Provided	0.92	Gloucestershire TS	29/10/08
Strada	Main Course	Fiorentina Pizze	Wilted spinach cooked with garlic, nutmeg and black pepper with mozzarella, Parmesan, tomato and an egg	525	0.36	0.91	Not Provided	4.78	Gloucestershire TS	30/10/08
Strada	Main Course	Tonno Nizzarda	Seared yellow fin tuna (served medium) with a cannellini bean, rocket, red onion, cherry tomato, cucumber and green bean salad, with a chive, caper and lemon dressing	371	0.25	0.64	Not Provided	2.37	Gloucestershire TS	30/10/08
Strada	Main Course	Pollo Romana	Pan fried chicken breast, sage and prosciutto, served with roasted cubetti potatoes, green beans, butter and white wine sauce	301	0.22	0.56	Not Provided	1.69	Gloucestershire TS	30/10/08
Strada	Dessert	Tiramisu	Authentic Italian dessert with light sponge soaked in coffee liqueur, layered with mascarpone cream, eggs and a cocoa powder dusting	125	0.07	0.17	Not Provided	0.21	Gloucestershire TS	30/10/08
TGI Friday's	Starter/Side	Boneless Wings	Chicken wings tossed in Frank's Red Hot Sauce for extra kick, served with celery and our cool blue cheese dip	258	0.52	1.32	1.3	3.4	Hampshire CC	11/11/08
TGI Friday's	Starter/Side	Loaded Potato Skins	Friday's original potato skins topped with cheese and crispy bacon, served with sour cream topped with spring onion	215	0.33	0.84	0.7	1.8	Hampshire CC	11/11/08
TGI Friday's	Main Course	BBQ Burger (Regular)	Burger smothered with signature BBQ sauce, melted cheese and two Cajun-battered onion rings	536	0.42	1.07	2.3	5.7	Hampshire CC	11/11/08
TGI Friday's	Main Course	Jack Daniel's Ribs (half Rack)	Chargrilled baby back pork ribs, coated in Jack Daniel's sweet 'n' smoky glaze. Served with Cajun-battered onion rings and Friday's fries	325	0.55	1.40	1.8	4.6	Hampshire CC	11/11/08
TGI Friday's	Main Course	New York Strip	Chargrilled sirloin steak with seasonal vegetables, fries and a Jack Daniels glaze	454	0.35	0.89	1.6	4.0	Hampshire CC	11/11/08
TGI Friday's	Dessert	Dirt Cake	A chocolate brownie sponge base, layered with chocolate flavour mousse studded with marshmallows, topped with clotted cream and Oreo cookies	158	0.18	0.46	0.3	0.7	Hampshire CC	11/11/08

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Wagamamas	Starter/Side	Duck Gyoza	five deep-fried duck and leek dumplings, served with a spicy cherry hoi sin sauce	129	1.1	2.9	1.5	3.7	W Yorkshire TS	17/10/08
Wagamamas	Starter/Side	Ebi Katsu	deep-fried black tiger prawns in panko breadcrumbs, served with a spicy red chilli and garlic sauce, garnished with a wedge of lime	130	0.6	1.6	0.8	2.1	W Yorkshire TS	17/10/08
Wagamamas	Main Course	Wagamama Ramen	noodles in a vegetable soup topped with seasonal greens, wakame, grilled smooth dory, sliced chicken, fried tofu, marinated and grilled black tiger prawn, sliced marinated Portobello mushroom and kamaboko, garnished with menma and spring onions	838	0.3	0.9	2.8	7.2	W Yorkshire TS	17/10/08
Wagamamas	Main Course	Yaki Soba	teppan-fried soba noodles with egg, chicken, shrimps, onions, green and red peppers, bean sprouts and spring onions, garnished with mixed sesame seeds, fried shallots and pickled ginger	455	0.5	1.3	2.3	5.9	W Yorkshire TS	17/10/08
Wagamamas	Main Course	Chicken Katsu Curry	chicken fillet deep-fried in panko breadcrumbs, served with a lightly spiced curry sauce and sticky white rice, garnished with a combination of mixed leaves and red pickles	606	0.4	0.9	2.1	5.4	W Yorkshire TS	17/10/08
Wagamamas	Dessert	Cheesecake		144	0.1	0.3	0.2	0.4	W Yorkshire TS	17/10/08
Zizzi	Starter/Side	Bruschetta al Pomodoro	Santos tomatoes, basil, red onion and extra virgin olive oil, toasted garlic ciabatta bread	263	0.31	0.78	0.8	2.1	East Sussex CC	28/10/08
Zizzi	Main Course	Pizza Sofia	Marinated chicken, pepperoni, pancetta, tomato, mozzarella, fresh rosemary	521	0.50	1.28	2.6	6.7	East Sussex CC	28/10/08
Zizzi	Main Course	Risotto al Funghi con Pollo	Creamy wild mushroom risotto with pan roasted chicken breast and fresh rosemary	515	0.43	1.09	2.2	5.6	East Sussex CC	28/10/08
Zizzi	Main Course	Pollo Cesare	Romaine leaves, caesar dressing, pan roasted chicken breast, anchovies and croutons	285	0.69	1.74	2.0	5.0	East Sussex CC	28/10/08
Zizzi	Dessert	Mela Croccante	Hot apple and amaretto crumble, served with vanilla ice cream	332	0.10	0.26	0.3	0.9	East Sussex CC	28/10/08

