



allergen & nutritional information

dine in menu

christmas 2024

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
JF Karaage '24	902.8	3772.0	36.6	14.1	3.0	1.5	96.9	0.6	27.3	40.3	5.2	2385.1
JFC Karaage Sushi Roll 3pc '24	219.4	896.6	7.0	0.9	1.0	0.5	31.0	0.3	6.4	7.1	1.3	390.8
JFC Karaage Sushi Roll 6pc '24	438.7	1793.2	14.0	1.7	2.0	1.0	62.0	0.6	12.9	14.3	2.6	781.6
Mince Pie Cream Puff '24	413.7	1723.4	28.6	19.6	4.4	0.7	31.4	1.7	23.5	7.4	0.6	151.2
Piggies In A Blanket 4pc '24	311.7	1327.1	7.5	1.3	1.3	0.3	55.0	0.6	14.5	3.6	1.8	778.5
Piggies In A Blanket 4pc '24 Belfast	311.7	1327.1	7.5	1.3	1.3	0.3	55.0	0.6	14.5	3.6	1.8	778.5
Piggies In A Blanket 8pc '24	623.5	2654.3	15.1	2.5	2.7	0.6	109.9	1.2	29.1	7.2	3.7	1557.1
Piggies In A Blanket 8pc '24 Belfast	623.5	2654.3	15.1	2.5	2.7	0.6	109.9	1.2	29.1	7.2	3.7	1557.1
Prawn Cocktail Sushi Roll 4pc '24	404.2	1710.4	15.9	2.0	1.6	0.4	53.8	0.0	13.3	9.4	2.1	901.2
Prawn Cocktail Sushi Roll 8pc '24	810.7	3430.3	31.9	4.1	3.3	0.8	107.9	0.1	27.0	18.9	4.2	1803.1
The OG JFC '24	912.1	3819.2	34.3	17.2	3.0	1.5	108.6	0.6	45.4	39.1	3.4	2525.0