



DOOLEYS
REGENTS PARK SPORTS CLUB

NUTRITIONAL INFORMATION

PER SERVING

STARTERS & SHARES

	Serving (G)	Energy (KJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat Fat (g)	Carb. (g)	Sugars (g)	Sodium (mg)
BRUCHETTA (V)	240.0	1130.4	270.2	6.5	14.9	1.2	25.0	8.9	192.0
GARLIC BREAD (V)	75.0	1447.5	346.0	5.0	25.5	16.1	23.5	1.3	330.8
SALT & PEPPER SQUID	300.0	1797.0	429.5	48.0	21.9	2.4	70.8	6.6	1746.0
MOROCCAN LAMB SKEWERS	356.0	2869.4	685.8	89.7	33.8	12.5	4.6	2.5	477.0
PRAWN & GINGER DUMPLING	86.5	779.4	186.3	6.7	8.9	1.8	29.0	11.3	775.9

PASTA & RISOTTO

FETTUCCINE BOSCAIOLA	428.0	2799.1	669.0	32.5	28.7	14.6	67.6	5.6	1104.2
SPAGHETTI GAMBERETTI	470.0	2805.9	670.6	55.9	19.7	3.3	61.6	2.8	2857.6
WILD MUSHROOM RISOTTO (V)	389.3	4165.5	995.6	15.2	60.3	36.6	94.6	4.3	128.5
FETTUCCINE VERDE WITH ZUCCHINI RIBBONS (V)	264.0	2127.8	508.6	14.5	22.7	2.9	58.9	3.7	92.4
TUSCAN RIGATONI	319.4	2510.6	600.0	40.6	26.2	9.3	48.9	4.5	571.7

FROM THE GRILL

GRILLED PORK CHOPS	648.0	3875.0	926.1	70.0	76.5	27.9	615.6	38.9	375.8
RUMP STEAK	579.5	3882.7	928.0	73.0	45.2	16.8	52.7	4.1	405.7
T-BONE STEAK	703.0	5047.5	1206.4	101.2	63.3	24.6	52.7	4.2	478.0
SIGNATURE STEAK	427.5	2945.5	704.0	71.4	37.2	18.8	16.7	5.1	136.8
GRILLED BARRAMUNDI	540.0	4082.4	975.7	34.6	62.6	13.5	56.2	8.1	2079.0
GRILLED ATLANTIC SALMON (GF)	460.0	2553.0	610.2	47.8	32.2	10.6	28.5	5.1	579.6
CHICKEN BOSCAIOLA	657.0	3521.5	841.6	96.6	36.8	21.0	26.3	9.9	1116.9

SALADS

CAESAR SALAD	432.0	3365.3	804.3	43.2	53.1	15.1	36.3	14.3	2691.4
CHICKEN CAESAR SALAD	540.0	4082.4	975.7	79.4	56.2	16.2	36.2	14.6	2743.2
PEPPERED BEEF PANZANELLA SALAD	286.1	2320.2	554.5	40.6	37.2	7.7	13.4	6.6	586.5
PRAWN & SOBA NOODLE SALAD	308.0	1389.1	332.0	16.9	20.9	16.6	15.4	9.5	1213.5

CLASSICS

LAMB SHANK	765.0	4505.9	1076.9	94.1	59.7	29.1	34.4	16.8	344.3
HALLOUMI & VEG STACK (V)	340.0	897.6	214.5	5.8	11.6	1.0	18.0	12.2	47.6
STEAK SANDWICH	631.0	7067.2	1689.1	53.0	106.0	41.0	124.3	7.6	1154.7
RP BURGER	612.0	6732.0	1608.9	71.6	86.9	38.6	123.6	31.8	3959.6
CHICKEN SCHNITZEL	438.0	4174.1	997.6	45.6	53.0	19.7	79.7	5.3	1112.5
FISH & CHIPS	524.6	5173.0	1236.3	40.4	81.8	21.0	81.8	6.8	1101.7
ROAST OF THE DAY: BEEF	713.8	3626.1	866.6	107.8	28.6	9.3	39.3	12.1	464.0



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PER SERVING									
ROAST OF THE DAY: PORK	743.8	4470.2	1068.4	104.1	50.6	17.9	44.6	16.4	476.0
ROAST OF THE DAY: CHICKEN	733.8	3639.6	869.9	99.1	32.3	11.0	39.6	12.5	491.6
ROAST OF THE DAY: LAMB	743.8	4358.7	1041.7	99.7	45.4	17.1	53.6	26.0	490.9
ROAST OF THE DAY - SMALL: BEEF	613.8	5162.1	1233.7	75.5	25.2	8.6	39.3	12.3	411.2
ROAST OF THE DAY - SMALL: PORK	643.8	3547.3	847.8	72.7	39.9	14.2	44.4	16.1	418.5
ROAST OF THE DAY - SMALL: CHICKEN	633.8	3004.2	718.0	71.6	27.9	9.5	39.3	12.0	431.0
ROAST OF THE DAY - SMALL: LAMB	643.8	3515.1	840.1	70.2	36.7	13.5	53.4	25.8	437.8
SNACKS & SIDES									
BOWL OF CHIPS	390.4	3505.8	837.9	7.0	49.6	18.7	84.7	0.4	175.7
SPICY WEDGES	420.5	4919.9	1175.8	10.9	77.0	30.7	110.6	16.8	1799.7
MASHED POTATO	200.0	1000.0	239.0	4.8	13.2	8.8	22.2	3.8	18.0
STEAMED SEASONAL VEGETABLES	240.0	384.0	91.8	7.2	1.0	0.0	8.2	8.2	84.0
STEAMED JASMINE RICE	200.0	400.0	95.6	2.4	0.4	0.2	20.0	4.0	6.0
BREAD ROLL	143.0	1644.5	393.0	11.4	9.9	3.4	62.8	5.4	770.8
CHILDREN									
CHILDRENS STEAK	310.0	2830.3	676.4	38.4	34.7	13.0	48.4	0.3	139.5
CHILDRENS CHICKEN NUGGETS	332.5	3690.8	882.1	18.6	51.5	15.6	81.1	4.0	944.3
CHILDRENS FISH & CHIPS	327.6	4029.2	963.0	22.3	68.5	16.4	62.2	2.9	635.5
CHILDRENS GRILLED CHICKEN	322.5	2654.2	634.3	37.7	28.4	10.6	52.9	8.1	416.0

Food may contain traces of nuts. Please advise staff if you suffer any food allergies or require any special dietary needs.
Please note that for food safety reasons takeaway is not available.