

TOWNGATE FISHERIES

Finest Fish & Chips

Award
winning
fish and
chips

Nutritional content of customer favourites

To help our customers make an informed choice we have nutritionally tested our most popular products.

Product	Calories	Product	Calories
Standard Haddock & Chip	794	Scollop Special, <i>with curry</i>	686
Standard Haddock	336	Small Mushy Peas	95
Standard Chips	458	Large Mushy Peas	166
Fishcake	319	Small Curry	53
Jumbo Sausage, <i>plain</i>	284	Large Curry	93
Jumbo Sausage, <i>battered</i>	501	Small Gravy	34
Scollop	281	Large Gravy	59
Spam Fritter	488	Large Heinz Baked Beans*	147
8 Chicken Nuggets*	288	Buttered Tea Cake, <i>white/brown</i>	254
20 Chicken Nuggets*	720	Kid's Mini-fish Meal*	499
Chip Butty	712	Kid's Plain Sausage Meal*	513
Fish Butty	590	Kid's Battered Sausage Meal*	730
Fishcake Butty	573	Kid's Chicken Nugget Meal**	473

For further information please visit our website

www.towngatefisheries.co.uk

*Nutritional data supplied by the manufacturer *Apple juice with kid's meals adds an additional 88 calories