

Dish Name (Values per serving)	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	Protein (g)	Sodium (mg)
<b>Pinchos</b>							
Crusty Bread	416.1	1817.1	18.8	11.0	54.4	9.3	663.7
Homemade Guacamole & Tortilla Chips	486.8	2022.4	38.7	7.8	30.7	5.7	428.1
Cajun Cream Mushrooms	404.7	1670.5	39.2	19.8	7.7	5.4	318.0
Calamari	323.3	1337.6	31.0	5.8	186.3	145.7	1.7
Charred Halloumi	436.1	1841.5	26.5	18.7	23.7	23.1	6.7
Chicken Quesadilla	641.5	2685.7	34.5	11.6	56.0	26.9	969.8
Chicken Rumba Skewers	146.0	618.3	1.4	0.4	5.1	28.2	681.9
Chilli Plantanos Bites	291.8	1225.8	13.3	1.7	37.5	4.8	598.8
Cuban Broccolini	163.9	699.1	8.1	4.6	12.1	9.5	151.8
Cuban Broccolini (vegan)	99.7	430.9	2.7	0.4	12.1	5.7	25.8
Gambas Pil Pil	465.0	1922.2	38.8	18.9	7.3	20.5	735.1
Jackfruit Chilli Nachos	745.0	3071.6	51.0	15.4	60.2	14.3	1127.8
Jamon Croquettes	402.2	1671.8	30.8	7.4	23.0	8.3	0.7
Jerk Fried Chicken	544.2	2264.3	28.4	3.5	34.0	37.7	1421.4
Lambondigas	424.8	1764.6	32.1	9.0	11.7	22.5	935.1
Mojito Prawns	324.7	1344.0	15.3	1.3	27.1	17.5	342.7
Patatas Bravas	612.3	2562.5	39.9	3.0	54.4	55.9	430.0
Polpo & Chorizo	264.9	1103.8	17.0	5.2	14.5	12.3	290.9
Pork Belly Skewers	388.7	1620.4	22.3	6.5	12.4	34.3	401.6
Roasted Chorizo	473.1	1960.5	32.1	11.3	22.5	19.7	288.5
Sweet Potato Salad	247.8	1046.6	7.1	0.7	41.9	4.4	134.4
Shredded Beef Chilli Nachos	770.0	3217.8	55.5	17.9	50.8	19.7	707.5
Tacos - BBQ Beef Ropa	289.5	1218.5	8.0	2.5	44.8	9.9	331.8
Tacos - Ginger Beer-Can Chicken	253.0	1067.7	5.3	2.2	34.9	16.8	550.7
Tacos - Charred Halloumi	304.0	1285.5	13.9	6.5	35.5	9.5	330.0
Veggie Quesadilla	529.0	2216.5	28.0	10.8	50.3	18.6	196.4
Jamon Croquettes	400	1663	30.3	7.4	23.4	8.3	0.83
Jerk Fried Chicken	521	2160	30.8	3	25.6	34.1	876.8
Lime & Coconut Prawn Tostada	370	1544	14.6	4.4	34.4	20.2	639.2
Mojito Prawns	325	1344	15.3	1.3	27.1	17.5	342.1
Patatas Bravas	645	2700	39.6	2.84	65.8	9.2	430.12
Pork Belly Skewers	389	1620	22.3	6.5	12.4	34.3	401.6
Roasted Chorizo	473	1960	32.1	11.3	22.5	19.72	288.48
Roasted Pork Tacos	286	1203	9.4	2.8	39.8	11.8	439.4
Roasted Sweet Potato	239	1009	8.6	1.9	36.4	5	69.9
Ropa Vieja Tostada	333	1391	18.7	4.5	32.5	9.9	397.9
Shredded Beef Chilli Nachos	769	3213	55.4	17.9	50.8	19.6	707.2
Veggie Quesadilla	531	2223	28.3	11.2	50.2	18.6	196.7

Dish Name (Values per serving)	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	Protein (g)	Sodium (mg)
<b>Brunch &amp; Lunch</b>							
Avocado Brunch	240.3	1028.3	14.4	2.9	24.6	4.3	239.0
Chicken Fajita Sandwich	868.0	3624.4	45.3	9.4	82.5	23.9	1475.3
Chorizo Hash	833.7	3473.9	60.2	16.4	48.6	26.9	114.6
Cubano Benedict	343.9	1463.7	22.6	7.4	20.0	15.3	417.7
Full Grilled Breakfast	702.6	2941.1	51.0	-	29.6	31.6	-
Pulled Pork Sandwich	904.8	3780.5	50.7	9.1	80.4	23.5	1254.7
Sweetcorn Fritters	545.4	2253.7	42.9	7.5	23.5	15.0	222.3
Burrito Bowl - Jackfruit	380.5	1553.1	15.2	2.6	53.1	8.5	778.9
Burrito Bowl - Marinated Chicken	600.1	2505.1	30.0	6.5	54.4	28.6	1179.5
Burrito Bowl - Mushroom, Bean & Spinach	422.6	1764.3	18.1	4.5	51.3	12.7	433.9
Burrito Bowl - Slow Cooked Shredded Beef	439.0	1832.0	21.0	6.3	47.3	15.1	440.2
Chimichurri Chicken Cubano	1259.5	5249.9	71.3	15.4	99.5	45.2	1468.4
Cuban Sandwich	1037.5	4328.6	55.0	14.3	92.9	32.5	1586.4
<b>Mains</b>							
Baked Sea Bass	369.0	1546.7	13.3	1.7	29.2	33.1	573.7
Beef Fillet Skewers	663.8	2776.8	26.4	6.9	68.8	37.4	1483.3
Burger de Cuba	1384.5	5779.3	84.2	25.5	96.4	52.0	2306.5
Burrito - Jackfruit	862.2	3573.0	40.3	9.9	104.5	18.9	1477.7
Burrito - Marinated Chicken	1221.9	5103.8	67.7	17.8	111.2	43.5	2274.5
Burrito - Mushroom, Bean & Spinach	875.5	3660.4	45.4	13.6	93.5	23.5	979.5
Burrito - Slow Cooked Shredded Beef	969.0	4051.2	49.8	16.2	99.3	31.4	1253.8
Cuban Cheese Burger	1360.4	5666.6	86.7	26.6	83.4	52.9	2198.4
Cuban Salad	350.1	1459.6	22.7	3.3	29.4	6.1	74.2
Cuban Salad with Beef	440.8	1841.5	25.1	5.9	31.0	22.0	106.5
Cuban Salad with Chicken	395.0	1652.4	20.5	3.5	29.8	20.8	300.1
Cuban Salad with Halloumi	593.7	2493.2	40.5	21.3	27.6	26.1	75.6
Cuban Salad with Prawns	344.7	1440.2	16.5	3.1	27.7	19.7	74.7
Jerk Fried Chicken & Chips	1141.4	4758.5	68.3	6.0	64.7	56.4	1228.4
Paella de Cuba	711.3	3001.6	18.3	5.5	84.4	51.3	508.5
Paella Vegan	452.4	1912.9	6.1	0.8	84.5	14.0	255.5
Vegetable Enchilada	963.9	4048.7	39.2	11.3	117.9	27.2	786.5
<b>Sides</b>							
Cajun Cream Fries	627.6	2611.0	43.2	10.3	44.0	5.4	917.4
Cheesy Cuban Fries	644.1	2690.9	43.4	10.5	44.3	8.9	794.0
Fries	505.8	2109.2	31.0	2.7	42.0	4.4	792.9
Mojito Battered Onion Rings	350.1	1452.5	18.0	1.2	39.9	6.1	682.2
Sweet Potato Fries	629.7	2624.0	37.0	2.7	72.5	3.0	196.8
Zesty Rice	187.6	783.9	2.3	0.4	36.9	4.4	280.9

Dish Name (Values per serving)	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	Protein (g)	Sodium (mg)
<b>Desserts</b>							
Chocolate Brownie	684.4	2874.3	26.9	13.4	97.7	10.4	177.5
El Supremo Churros	702.0	2596.6	24.7	3.1	95.9	7.2	669.4
Looped Churros x 10	1192.6	3945.6	40.4	5.4	139.5	15.2	39.7
Looped Churros x 2	195.8	825.4	4.9	1.1	33.4	3.9	19.8
Looped Churros x 5	535.2	2247.7	20.0	2.9	78.5	8.9	39.6
Raspberry Sorbet	334.8	1418.6	0.9	0.2	78.4	0.6	0.0
Millionaire's Slice	423.0	1774.3	20.3	12.4	55.7	2.5	178.0

Dish Name (Values per serving)	Energy (kcal)
<b>Light Bites under 600 calories</b>	
Baked Sea Bass	369.0
Cuban Salad	350.1
Cuban Salad with Beef	440.8
Cuban Salad with Chicken	395.0
Cuban Salad with Halloumi	593.7
Cuban Salad with Prawns	344.7
Paella Vegan	452.4
Burrito Bowl - Jackfruit	380.5
Burrito Bowl - Mushroom, Bean & Spinach	422.6
Burrito Bowl - Slow Cooked Shredded Beef	439.0
Avocado Brunch	240.3
Cubano Benedict	343.9
Sweetcorn Fritters	545.4
Looped Churros x 2	195.8
Looped Churros x 5	535.2
Raspberry Sorbet	334.8
Millionaire's Slice	423.0
Fries	505.8
Mojito Battered Onion Rings	350.1
Zesty Rice	187.6
<b>Tapas under 400 calories</b>	
Calamari	323.3
Chicken Rumba Skewers	146.0
Chilli Plantanos Bites	291.8
Cuban Broccolini	163.9
Cuban Broccolini (vegan)	99.7
Mojito Prawns	324.7
Polpo & Chorizo	264.9
Pork Belly Skewers	388.7
Sweet Potato Salad	247.8
Tacos - BBQ Beef Ropa	289.5
Tacos - Ginger Beer-Can Chicken	253.0
Tacos - Charred Halloumi	304.0