

NUTRITIONAL *information*



ENJOY EVERY MOMENT.

WHAT is healthy?

Like all things in life, you need to take a balanced approach towards the foods you eat. It all comes down to making the right choices and making sure that you eat in moderation. There are many tasty foods that provide you with all the energy, vitamins and minerals necessary for optimum health and vitality. So be good to yourself and learn about nutrition.

Your health is in your hands, make the right choice.

THE CHOICE IS YOURS...

Wimpy is committed to improving your health by promoting the need for proper nutrition. We have compiled some important guidelines for Wimpy customers, which will help you to make wise food choices when eating out or at home. We are now offering you the choice to make an informed decision, by giving you nutrient information for our menu items.

Keep this booklet handy so that you can refer to it whenever you need to make a nutritional choice in Wimpy stores.



NUTRITION

know how...

What is a calorie?

Food provides the fuel for our bodies. Energy is the most essential term in nutrition and food energy is measured in calories (kcal) or joules (kJ). A kcal is a measurement of energy content.

The nutrients - carbohydrate, protein and fat - yield energy. Vitamins and minerals do not provide energy, although many help in the release of energy.

What is meant by carbohydrate?

Carbohydrates are also known as starch or sugars and are the major sources of energy in the diet. It is recommended that carbohydrates should contribute more than 50% of the total daily energy intake.

Calorie-dense carbohydrates are those that have a low nutrient/energy ratio i.e. they provide lots of energy but few nutrients.

Examples of calorie-dense carbohydrates include: sweets, table sugar, syrups (not including natural syrups such as maple), regular carbonated beverages.

Nutrient-dense carbohydrates, on the other hand, have a high nutrient/energy ratio as they provide lots of nutrients for less energy.

Examples of nutrient-dense carbohydrates include: vegetables, fruit, cereals, grains and pasta.

WHAT IS MEANT BY protein & fat?

Protein needs are based on an individual's own body size. Men need about 44 to 55g a day and women need about 36 to 45g of protein each day. Children also need plenty of protein to help them grow and how much will depend on what they weigh. As a general guide children age 4 to 6 need about 15 to 20g of protein each day and children age 7 to 10 about 23 to 28g each day.

Food sources of proteins include meat, poultry, fish, eggs, milk, cheese, yoghurt, soya, legumes (dried beans and peas), seeds and nuts. Grain products and many vegetables also supply small amounts of protein.

Fats are the most concentrated energy source, more than twice that of carbohydrate and protein. Due to its property, fats act as the major storage form of energy. 1g of fat gives you 9 kcal of energy. We should not try to avoid all fat, because everyone needs some fat in their diet to be healthy. But the type of fat we eat is important. It is recommended that we try to reduce the amounts of saturated and hydrogenated fats that we consume and replace them with unsaturated fats which can help lower cholesterol. Also look out for foods that may have high levels of hidden fat such as processed convenience foods, dressings and some pastry products.



WHAT IS MEANT BY salt?



Salt is made up of 40% sodium and 60% chloride. Sodium is an essential nutrient, a mineral that the body cannot manufacture itself but which is required in small amounts for life and good health. Over consumption of salt may increase the risk of health problems, such as high blood pressure.

Salt Reference Table

Recommended maximum daily intake

| | |
|------------|----|
| 1-3 years | 2g |
| 4-6 years | 3g |
| 7-10 years | 5g |
| 11+ | 6g |
| Adult | 6g |

For more information on diet and healthy eating visit <http://www.nhs.uk/Livewell/healthy-eating/>

Dietary Reference intake tables extracted from Food Standards Agency publications.

Product and nutritional information subject to change.

NUTRITIONAL information

Every effort has been made to ensure that the information provided in the table is as accurate and complete as possible but there are a number of factors that may give rise to variations from the standard figures quoted. The figures are based on meals that have been prepared, cooked and served in accordance with Wimpy standard restaurant methods. Individual products may perform differently during cooking. Calculations are based on standard product formulations and there is likely to be some natural "mixing bowl" variation as a result of factory processing methods.

Serving sizes may vary from the standard quantities used for the calculations and the figures may therefore be different.

Food products may be subject to seasonal variations in their composition. Certain products or meal components may be subject to local purchasing. In these cases a standard text book figure has been used.

Some menu items may not be available and new products or new meal combinations may be introduced which have not been included.

Figures are correct at time of going to press. If you have a specific allergy please contact Head Office for current make ups.

NUTRITIONAL values

BURGERS

| | Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo- hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|---|------------------|----------------|------------|----------------------|-----------------------|---------------|-------------|--------------|
| The Original Quarterpounder with Cheese | 579 | 33.4 | 32.7 | 12.8 | 36.4 | 3.4 | 2.1 | 3.6 |
| The Original Halfpounder | 843 | 55.7 | 52.0 | 21.8 | 36.4 | 3.4 | 3.0 | 3.6 |
| Bacon & Cheese Quarterpounder | 658 | 39.8 | 33.4 | 14.9 | 48.5 | 8.3 | 3.2 | 2.6 |
| Bacon & Cheese Halfpounder | 892 | 59.8 | 50.5 | 23.1 | 48.5 | 8.3 | 3.6 | 2.6 |
| BBQ Burger | 644 | 33.4 | 30.5 | 12.6 | 58.0 | 11.5 | 1.8 | 3.7 |
| Bender in a bun with Cheese | 424 | 17.3 | 23.4 | 7.4 | 35.3 | 5.9 | 2.6 | 2.1 |
| Wimpy Hamburger | 339 | 20.1 | 15.2 | 6.7 | 29.6 | 5.9 | 1.4 | 2.0 |
| Wimpy Cheese Burger | 379 | 22.3 | 18.5 | 8.7 | 30.2 | 6.2 | 1.7 | 2.0 |
| Wimpy Double Cheese Burger | 593 | 39.3 | 34.6 | 16.7 | 30.7 | 6.5 | 2.6 | 2.0 |
| Wimpy Spicy Bean Burger | 611 | 13.8 | 29.4 | 5.6 | 71.0 | 8.1 | 2.8 | 6.2 |
| Mega Burger | 595 | 31.8 | 36.1 | 13.4 | 35.0 | 5.4 | 3.2 | 1.9 |

NEW OPEN BURGERS

| | | | | | | | | |
|-------------------|-----|------|------|------|------|-----|-----|-----|
| Mushroom Burger | 688 | 35.0 | 39.7 | 14.6 | 46.4 | 6.5 | 2.1 | 3.3 |
| Brunch Burger | 777 | 48.6 | 42.3 | 18.1 | 49.4 | 9.3 | 4.1 | 2.9 |
| Smokey BBQ Burger | 753 | 42.5 | 39.2 | 16.3 | 56.2 | 9.7 | 4.0 | 3.6 |

CHICKEN BURGERS

| | | | | | | | | |
|----------------------------|-----|------|------|-----|------|-----|-----|-----|
| Chicken in a Bun | 449 | 19.8 | 21.4 | 3.6 | 43.4 | 4.0 | 2.4 | 2.4 |
| Gourmet Chicken Fillet | 530 | 48.1 | 16.1 | 2.9 | 45.5 | 5.8 | 3.4 | 2.7 |
| Chicken Fillet | 356 | 22.7 | 13.8 | 2.8 | 35.1 | 4.6 | 1.8 | 2.3 |
| Chicken Fillet Hot & Spicy | 398 | 20.5 | 18.5 | 5.4 | 36.8 | 3.9 | 2.0 | 3.4 |
| Chicken Chunks with Chips | 779 | 27.6 | 46.8 | 7.7 | 63.2 | 2.4 | 2.1 | 5.1 |

NUTRITIONAL values

GRILLS

| | Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo-hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|-------------------------|---------------|-------------|---------|-------------------|-------------------|------------|----------|-----------|
| Wimpy Club | 767 | 48.5 | 38.6 | 15.5 | 60.0 | 8.2 | 6.0 | 2.5 |
| Steak Platter | 719 | 41.8 | 38.0 | 9.6 | 54.9 | 4.7 | 1.0 | 8.1 |
| BBQ Rack Rib Platter | 713 | 24.5 | 35.2 | 7.7 | 76.8 | 23.5 | 2.7 | 6.1 |
| Gourmet Chicken Platter | 525 | 44.7 | 21.4 | 3.5 | 39.3 | 4.5 | 2.7 | 5.6 |
| Sausage, Egg & Chips | 597 | 22.0 | 38.8 | 12.2 | 42.4 | 0.3 | 1.9 | 4.1 |
| International Grill | 1 010 | 57.7 | 71.3 | 22.9 | 41.4 | 1.1 | 5.8 | 3.9 |
| Wimpy Grill | 757 | 35.1 | 51.0 | 14.7 | 44.6 | 4.1 | 2.9 | 3.9 |

JACKET POTATOES

| | | | | | | | | |
|---|-----|------|------|------|------|-----|-----|-----|
| Jacket Potato with Butter & Salad Garnish | 453 | 11.4 | 7.6 | 6.3 | 90.6 | 4.2 | 0.3 | 7.9 |
| Beans filling add | 96 | 5.5 | 0.3 | 0.0 | 15.6 | 6.4 | 1.0 | 4.4 |
| Grated Cheese filling add | 520 | 31.8 | 43.6 | 27.1 | 0.1 | 0.1 | 2.3 | 0.0 |
| Coleslaw filling add | 123 | 1.8 | 9.5 | 0.8 | 7.6 | 7.1 | 0.7 | 1.0 |
| Tuna Mayo filling add | 311 | 15.3 | 26.6 | 2.2 | 2.6 | 2.1 | 1.5 | 0.0 |

PANINIS

| | | | | | | | | |
|------------------------------------|-----|------|------|------|------|-----|-----|-----|
| Panini with Cheese & Salad Garnish | 543 | 25.1 | 20.6 | 11.3 | 64.2 | 5.5 | 2.5 | 2.6 |
| Ham filling add | 54 | 9.2 | 1.7 | 0.6 | 0.5 | 0.5 | 1.5 | 0.0 |
| Red Onion filling add | 7 | 0.2 | 0.0 | 0.0 | 1.6 | 1.1 | 0.0 | 0.3 |
| Tomato filling add | 6 | 0.4 | 0.0 | 0.0 | 1.1 | 1.1 | 0.0 | 0.3 |
| Steak Panini | 688 | 42.0 | 28.6 | 14.7 | 65.3 | 6.6 | 2.6 | 2.9 |

SALADS

| | | | | | | | | |
|---------------------------|-----|------|------|-----|------|-----|-----|-----|
| Steak Salad | 329 | 35.6 | 16.7 | 7.0 | 9.7 | 4.4 | 0.4 | 1.6 |
| Gourmet Chicken Salad | 251 | 42.6 | 4.3 | 1.1 | 9.8 | 4.6 | 2.5 | 1.6 |
| Hot & Spicy Chicken Salad | 283 | 17.7 | 15.2 | 4.4 | 19.5 | 4.7 | 1.5 | 2.6 |
| Side Salad | 44 | 2.1 | 0.3 | 0.0 | 8.8 | 3.5 | 0.2 | 1.2 |

FISH

| | | | | | | | | |
|-----------------|-----|------|------|-----|------|-----|-----|-----|
| Haddock & Chips | 674 | 20.7 | 37.9 | 4.0 | 66.7 | 3.0 | 3.0 | 7.6 |
| Scampi & Chips | 577 | 15.7 | 29.8 | 2.5 | 68.9 | 6.0 | 1.6 | 7.0 |

NUTRITIONAL values

TREATS

tea time

Toasted Tea Cake with Butter

Chocolate Brownie

Toffee Cake

Ring Donut

Carrot Cake

something special

Brown Derby

Toffee Sundae

Brownie Sundae

Eskimo Waffle

Ice Cream Sundae Portion

Choc Sauce

Strawberry Sauce

Maple Flavoured Syrup

Nibbed Nuts

Flake

Mini Marshmallow

| Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo- hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|------------------|----------------|------------|----------------------|-----------------------|---------------|-------------|--------------|
| 227 | 4.8 | 9.4 | 5.4 | 30.2 | 9.0 | 0.7 | 1.3 |
| 608 | 7.1 | 22.5 | 6.6 | 94.6 | 68.8 | 1.1 | 1.5 |
| 533 | 6.2 | 26.2 | 4.6 | 67.1 | 48.9 | 1.1 | 2.3 |
| 224 | 3.8 | 13.0 | 4.7 | 24.7 | 3.6 | 0.3 | 1.6 |
| 537 | 4.7 | 26.9 | 6.1 | 68.0 | 50.4 | 1.0 | 2.4 |
| 431 | 8.1 | 20.6 | 7.5 | 56.3 | 34.2 | 0.5 | 2.5 |
| 537 | 9.2 | 23.6 | 6.7 | 73.7 | 63.6 | 0.7 | 2.0 |
| 574 | 9.6 | 21.8 | 7.7 | 87.4 | 73.5 | 0.7 | 1.6 |
| 694 | 10.5 | 30.2 | 13.4 | 97.3 | 63.6 | 0.9 | 3.0 |
| 190 | 5.3 | 8.8 | 4.8 | 25.5 | 25.5 | 0.1 | 0.0 |
| 80 | 0.4 | 0.4 | 0.2 | 18.5 | 17.6 | 0.1 | 0.3 |
| 78 | 0.0 | 0.0 | 0.0 | 19.5 | 19.5 | 0.0 | 0.1 |
| 74 | 0.0 | 0.1 | 0.0 | 19.0 | 18.2 | 0.0 | 0.0 |
| 32 | 1.3 | 2.8 | 0.2 | 0.3 | 0.2 | 0.0 | 0.6 |
| 104 | 1.5 | 6.1 | 3.7 | 11.4 | 11.4 | 0.0 | 0.2 |
| 33 | 0.4 | 0.0 | 0.0 | 8.3 | 6.5 | 0.0 | 0.0 |

NUTRITIONAL values

BREAKFASTS

| | Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo- hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|-----------------------|------------------|----------------|------------|----------------------|-----------------------|---------------|-------------|--------------|
| Great Wimpy Breakfast | 910 | 49.0 | 53.6 | 21.9 | 58.3 | 25.4 | 6.6 | 5.6 |
| Wimpy Breakfast | 503 | 34.9 | 31.2 | 12.4 | 18.7 | 6.8 | 3.8 | 4.5 |
| Hashbrown Breakfast | 545 | 17.2 | 41.1 | 9.6 | 36.8 | 7.7 | 1.8 | 7.9 |
| Country Breakfast | 392 | 25.4 | 23.1 | 8.6 | 18.7 | 6.8 | 3.4 | 4.5 |
| Wimpy Club | 767 | 48.5 | 38.6 | 15.5 | 60.0 | 8.2 | 6.0 | 2.5 |
| Banger Breakfast | 519 | 33.9 | 38.8 | 15.1 | 8.7 | 1.2 | 4.9 | 1.0 |

quick bites

| | | | | | | | | |
|------------------------|-----|------|------|------|------|-----|-----|-----|
| Bacon in a Bun | 341 | 20.0 | 16.1 | 5.9 | 28.2 | 4.6 | 3.8 | 1.7 |
| Bacon & Egg in a Bun | 431 | 26.8 | 23.0 | 7.9 | 28.2 | 4.6 | 4.0 | 1.7 |
| Sausage in a Bun | 399 | 16.8 | 20.6 | 8.7 | 35.8 | 4.7 | 2.4 | 2.3 |
| Sausage & Egg in a Bun | 488 | 23.6 | 27.6 | 10.7 | 35.8 | 4.7 | 2.6 | 2.3 |
| Toasted tea cake | 227 | 4.8 | 9.4 | 5.4 | 30.2 | 9.0 | 0.7 | 1.3 |

breakfast extras

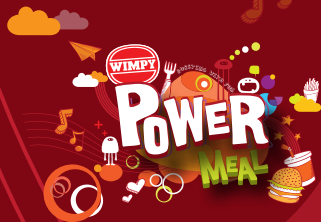
| | | | | | | | | |
|---|-----|-----|------|-----|------|------|-----|-----|
| Mushrooms | 179 | 2.7 | 18.5 | 2.4 | 0.3 | 0.1 | 0.0 | 1.7 |
| Heinz Baked Beans | 85 | 4.8 | 0.2 | 0.0 | 13.8 | 5.6 | 0.8 | 3.9 |
| Extra Egg | 90 | 6.8 | 7.0 | 2.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| Hashbrown | 93 | 1.2 | 7.8 | 2.6 | 10.8 | 0.4 | 0.4 | 1.0 |
| Breakfast Sausage | 120 | 5.9 | 9.1 | 4.0 | 3.8 | 0.0 | 0.8 | 0.3 |
| Bacon (per rasher) | 91 | 7.5 | 6.8 | 2.6 | 0.0 | 0.0 | 1.5 | 0.0 |
| 2 Slices of toast served with butter & jam | 276 | 6.5 | 8.3 | 4.9 | 46.8 | 12.4 | 1.1 | 1.5 |

NUTRITIONAL values

KIDS POWER MEALS

| | | | | | | | | |
|---|-----|------|------|-----|------|------|-----|-----|
| Junior Burger with Chips with Salad | 456 | 16.9 | 20.2 | 6.1 | 52.6 | 4.8 | 1.2 | 4.0 |
| Junior Cheese Burger with Chips with Salad | 282 | 15.2 | 10.8 | 4.6 | 30.2 | 6.6 | 1.2 | 2.3 |
| Junior Cheese Burger with Chips with Salad | 497 | 19.1 | 23.5 | 8.1 | 53.0 | 5.2 | 1.5 | 4.0 |
| Cheese Toastie with Chips with Salad | 322 | 17.5 | 14.1 | 6.6 | 30.6 | 7.0 | 1.5 | 2.3 |
| Cheese Toastie with Chips with Salad | 541 | 16.5 | 18.2 | 6.0 | 82.9 | 7.3 | 2.3 | 4.7 |
| Sausages with Chips with Salad | 367 | 14.8 | 8.8 | 4.5 | 60.6 | 9.1 | 2.3 | 3.0 |
| Sausages with Chips with Salad | 428 | 14.2 | 27.7 | 9.5 | 31.9 | 0.2 | 1.7 | 3.0 |
| Bender with Chips with Salad | 253 | 12.5 | 18.4 | 8.0 | 9.6 | 2.1 | 1.6 | 1.3 |
| Bender with Chips with Salad | 408 | 12.2 | 27.2 | 6.1 | 30.1 | 0.2 | 1.6 | 2.6 |
| Chicken Chunks with Chips with Salad | 234 | 10.6 | 17.8 | 4.6 | 7.7 | 2.1 | 1.6 | 0.9 |
| Chicken Chunks with Chips with Salad | 440 | 14.4 | 26.1 | 4.3 | 38.1 | 0.8 | 1.0 | 3.1 |
| Fish Bites with Chips with Salad | 265 | 12.7 | 16.8 | 2.8 | 15.8 | 2.6 | 1.0 | 1.4 |
| Fish Bites with Chips with Salad | 380 | 10.7 | 20.9 | 2.1 | 39.5 | 0.8 | 0.5 | 3.3 |
| Waffle with Cream & Chocolate Sauce | 205 | 9.1 | 11.6 | 0.6 | 17.1 | 2.6 | 0.5 | 1.5 |
| Waffle with Ice Cream & Chocolate Sauce | 353 | 3.9 | 14.7 | 7.7 | 51.0 | 33.8 | 0.5 | 1.5 |
| Waffle with Ice Cream & Chocolate Sauce | 371 | 5.0 | 14.1 | 6.9 | 56.6 | 39.5 | 0.5 | 1.5 |
| Ice Cream with Strawberry Sauce with Chocolate Sauce | 174 | 2.6 | 4.4 | 2.4 | 32.2 | 32.2 | 0.1 | 0.1 |
| Ice Cream with Strawberry Sauce with Chocolate Sauce | 175 | 3.1 | 4.8 | 2.6 | 31.3 | 30.4 | 0.1 | 0.3 |
| Side Salad | 44 | 2.1 | 0.3 | 0.0 | 8.8 | 3.5 | 0.2 | 1.2 |
| Heinz Baked Beans | 85 | 4.8 | 0.2 | 0.0 | 13.8 | 5.6 | 0.8 | 3.9 |
| Peas | 35 | 3.0 | 0.5 | 0.1 | 4.9 | 1.4 | 0.0 | 2.6 |

| | Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo- hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|---|------------------|----------------|------------|----------------------|-----------------------|---------------|-------------|--------------|
| Junior Burger with Chips with Salad | 456 | 16.9 | 20.2 | 6.1 | 52.6 | 4.8 | 1.2 | 4.0 |
| Junior Cheese Burger with Chips with Salad | 282 | 15.2 | 10.8 | 4.6 | 30.2 | 6.6 | 1.2 | 2.3 |
| Junior Cheese Burger with Chips with Salad | 497 | 19.1 | 23.5 | 8.1 | 53.0 | 5.2 | 1.5 | 4.0 |
| Cheese Toastie with Chips with Salad | 322 | 17.5 | 14.1 | 6.6 | 30.6 | 7.0 | 1.5 | 2.3 |
| Cheese Toastie with Chips with Salad | 541 | 16.5 | 18.2 | 6.0 | 82.9 | 7.3 | 2.3 | 4.7 |
| Sausages with Chips with Salad | 367 | 14.8 | 8.8 | 4.5 | 60.6 | 9.1 | 2.3 | 3.0 |
| Sausages with Chips with Salad | 428 | 14.2 | 27.7 | 9.5 | 31.9 | 0.2 | 1.7 | 3.0 |
| Bender with Chips with Salad | 253 | 12.5 | 18.4 | 8.0 | 9.6 | 2.1 | 1.6 | 1.3 |
| Bender with Chips with Salad | 408 | 12.2 | 27.2 | 6.1 | 30.1 | 0.2 | 1.6 | 2.6 |
| Chicken Chunks with Chips with Salad | 234 | 10.6 | 17.8 | 4.6 | 7.7 | 2.1 | 1.6 | 0.9 |
| Chicken Chunks with Chips with Salad | 440 | 14.4 | 26.1 | 4.3 | 38.1 | 0.8 | 1.0 | 3.1 |
| Fish Bites with Chips with Salad | 265 | 12.7 | 16.8 | 2.8 | 15.8 | 2.6 | 1.0 | 1.4 |
| Fish Bites with Chips with Salad | 380 | 10.7 | 20.9 | 2.1 | 39.5 | 0.8 | 0.5 | 3.3 |
| Waffle with Cream & Chocolate Sauce | 205 | 9.1 | 11.6 | 0.6 | 17.1 | 2.6 | 0.5 | 1.5 |
| Waffle with Ice Cream & Chocolate Sauce | 353 | 3.9 | 14.7 | 7.7 | 51.0 | 33.8 | 0.5 | 1.5 |
| Waffle with Ice Cream & Chocolate Sauce | 371 | 5.0 | 14.1 | 6.9 | 56.6 | 39.5 | 0.5 | 1.5 |
| Ice Cream with Strawberry Sauce with Chocolate Sauce | 174 | 2.6 | 4.4 | 2.4 | 32.2 | 32.2 | 0.1 | 0.1 |
| Ice Cream with Strawberry Sauce with Chocolate Sauce | 175 | 3.1 | 4.8 | 2.6 | 31.3 | 30.4 | 0.1 | 0.3 |
| Side Salad | 44 | 2.1 | 0.3 | 0.0 | 8.8 | 3.5 | 0.2 | 1.2 |
| Heinz Baked Beans | 85 | 4.8 | 0.2 | 0.0 | 13.8 | 5.6 | 0.8 | 3.9 |
| Peas | 35 | 3.0 | 0.5 | 0.1 | 4.9 | 1.4 | 0.0 | 2.6 |



NUTRITIONAL values

SHAKES

| | Vol | Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo-hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|--|-----|---------------|-------------|---------|-------------------|-------------------|------------|----------|-----------|
| Thick Shake - Vanilla | Sml | 199 | 5.9 | 5.7 | 3.5 | 30.9 | 30.9 | 0.2 | 0.0 |
| | Med | 264 | 7.9 | 7.6 | 4.7 | 41.1 | 41.1 | 0.3 | 0.0 |
| | Lrg | 357 | 10.6 | 10.3 | 6.3 | 55.4 | 55.4 | 0.4 | 0.0 |
| Thick Shake - Strawberry | Sml | 227 | 5.7 | 5.4 | 3.3 | 39.1 | 37.8 | 0.2 | 0.0 |
| | Med | 302 | 7.6 | 7.2 | 4.4 | 51.9 | 50.2 | 0.2 | 0.0 |
| | Lrg | 407 | 10.2 | 9.8 | 6.0 | 69.9 | 67.6 | 0.3 | 0.0 |
| Thick Shake - Chocolate | Sml | 229 | 5.6 | 5.4 | 3.3 | 39.5 | 39.5 | 0.2 | 0.0 |
| | Med | 304 | 7.5 | 7.2 | 4.4 | 52.4 | 52.4 | 0.2 | 0.0 |
| | Lrg | 410 | 10.1 | 9.8 | 6.0 | 70.5 | 70.5 | 0.3 | 0.1 |
| Thick Shake - Banana | Sml | 231 | 5.6 | 5.4 | 3.3 | 39.9 | 36.6 | 0.2 | 0.1 |
| | Med | 306 | 7.5 | 7.2 | 4.4 | 52.9 | 48.5 | 0.2 | 0.1 |
| | Lrg | 413 | 10.1 | 9.8 | 6.0 | 71.3 | 65.4 | 0.3 | 0.1 |
| Milk Shake - Soft Ice Cream - Vanilla | Sml | 161 | 6.0 | 8.3 | 4.9 | 17.3 | 17.3 | 0.2 | 0.0 |
| | Med | 218 | 8.0 | 11.2 | 6.6 | 23.3 | 23.3 | 0.2 | 0.0 |
| | Lrg | 274 | 10.1 | 14.1 | 8.3 | 29.4 | 29.4 | 0.3 | 0.0 |
| Milk Shake - Soft Ice Cream - Strawberry | Sml | 230 | 6.1 | 8.3 | 4.9 | 34.6 | 32.4 | 0.2 | 0.0 |
| | Med | 311 | 8.2 | 11.1 | 6.5 | 46.2 | 43.2 | 0.2 | 0.0 |
| | Lrg | 391 | 10.4 | 14.1 | 8.3 | 58.9 | 55.1 | 0.3 | 0.0 |
| Milk Shake - Soft Ice Cream - Chocolate | Sml | 233 | 6.0 | 8.3 | 4.9 | 35.3 | 35.3 | 0.2 | 0.1 |
| | Med | 315 | 8.0 | 11.2 | 6.6 | 47.7 | 47.6 | 0.3 | 0.1 |
| | Lrg | 396 | 10.1 | 14.1 | 8.3 | 60.0 | 60.0 | 0.3 | 0.1 |
| Milk Shake - Soft Ice Cream - Banana | Sml | 236 | 6.0 | 8.3 | 4.9 | 36.0 | 30.2 | 0.2 | 0.1 |
| | Med | 319 | 8.0 | 11.2 | 6.6 | 48.7 | 40.7 | 0.3 | 0.2 |
| | Lrg | 402 | 10.1 | 14.1 | 8.3 | 61.3 | 51.3 | 0.3 | 0.2 |
| Mango Smoothie | Sml | 230 | 0.8 | 0.3 | 0.1 | 57.1 | 55.8 | 0.0 | 10.5 |
| | Med | 307 | 1.0 | 0.3 | 0.1 | 76.2 | 74.5 | 0.0 | 13.9 |
| | Lrg | 388 | 1.3 | 0.4 | 0.2 | 96.3 | 94.1 | 0.0 | 17.6 |

NUTRITIONAL values

HOT DRINKS

| | Vol | Energy (kcal) | Protein (g) | Fat (g) | Saturated Fat (g) | Carbo- hydrate (g) | Sugars (g) | Salt (g) | Fibre (g) |
|--------------------------|------|------------------|----------------|------------|----------------------|-----------------------|---------------|-------------|--------------|
| Cappuccino | Reg | 109 | 5.5 | 6.1 | 3.9 | 8.0 | 7.0 | 0.2 | 0.0 |
| Cappuccino | Lrg | 134 | 6.9 | 7.2 | 4.6 | 10.3 | 8.3 | 0.2 | 0.0 |
| Americano - Black | Reg | 6 | 0.4 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 0.0 |
| Americano - Black | Lrg | 12 | 0.8 | 0.0 | 0.0 | 2.0 | 0.0 | 0.0 | 0.0 |
| Latté | Reg | 191 | 9.7 | 11.0 | 7.0 | 13.6 | 12.6 | 0.3 | 0.0 |
| Latté | Lrg | 231 | 11.8 | 12.9 | 8.3 | 16.9 | 14.9 | 0.4 | 0.0 |
| Crèmeccino | Reg | 149 | 5.8 | 10.0 | 6.7 | 9.0 | 8.0 | 0.2 | 0.0 |
| Crèmeccino | Lrg | 174 | 7.2 | 11.1 | 7.4 | 11.3 | 9.3 | 0.2 | 0.0 |
| Mocha | Reg | 251 | 10.9 | 12.3 | 8.1 | 24.1 | 22.2 | 0.6 | 0.3 |
| Mocha | Lrg | 349 | 14.3 | 15.6 | 10.4 | 37.8 | 34.1 | 1.0 | 0.5 |
| Espresso | Sngl | 6 | 0.4 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 0.0 |
| Espresso | Dbl | 12 | 0.8 | 0.0 | 0.0 | 2.0 | 0.0 | 0.0 | 0.0 |
| Hot Chocolate with Cream | Reg | 209 | 3.9 | 7.8 | 5.7 | 30.6 | 28.2 | 0.9 | 0.8 |
| Hot Chocolate with Cream | Lrg | 293 | 5.7 | 9.7 | 7.2 | 45.4 | 41.8 | 1.3 | 1.2 |
| Tea with Milk | Cup | 18 | 1.1 | 1.1 | 0.7 | 1.3 | 1.3 | 0.0 | 0.0 |

EXTRAS

| | | | | | | | | | |
|-------------------|-----|-----|------|------|------|------|-----|-----|-----|
| Chips | Reg | 267 | 3.4 | 13.7 | 2.2 | 34.8 | 0.2 | 0.1 | 3.4 |
| | Lrg | 333 | 4.3 | 17.1 | 2.7 | 43.5 | 0.3 | 0.1 | 4.3 |
| Onion Rings | Reg | 201 | 2.9 | 11.6 | 0.7 | 21.2 | 3.0 | 0.9 | 2.7 |
| | Lrg | 401 | 5.8 | 23.2 | 1.4 | 42.5 | 5.9 | 1.8 | 5.4 |
| Mozarella Melts | Reg | 253 | 12.2 | 15.4 | 8.9 | 20.3 | 1.5 | 1.4 | 2.0 |
| | Lrg | 506 | 24.5 | 30.8 | 17.9 | 40.7 | 3.0 | 2.8 | 3.9 |
| Cheese Slice | | 40 | 2.2 | 3.3 | 2.1 | 0.6 | 0.4 | 0.3 | 0.0 |
| Bacon | | 91 | 7.5 | 6.8 | 2.6 | 0.0 | 0.0 | 1.5 | 0.0 |
| Hashbrown | | 93 | 1.2 | 7.8 | 2.6 | 10.8 | 0.4 | 0.4 | 1.0 |
| Egg | | 90 | 6.8 | 7.0 | 2.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| Heinz Baked Beans | | 85 | 4.8 | 0.2 | 0.0 | 13.8 | 5.6 | 0.8 | 3.9 |
| Peas | | 35 | 3.0 | 0.5 | 0.1 | 4.9 | 1.4 | 0.0 | 2.6 |
| Mushrooms | | 179 | 2.7 | 18.5 | 2.4 | 0.3 | 0.1 | 0.0 | 1.7 |
| Coleslaw | | 49 | 0.7 | 3.8 | 0.3 | 3.1 | 2.9 | 0.3 | 0.4 |

KNOW ABOUT FOOD allergies & intolerances

Food Allergy

A food allergy is a reaction by the body to a dietary protein such as cows milk, egg or nut protein. This allergic response produces lots of IgE antibodies, usually making you ill immediately after eating the food. Food allergies can develop at any age, although a smaller percentage of adults are believed to suffer from this condition.

Food Intolerance

A "food intolerance" usually causes symptoms that appear hours or days after eating.

Such symptoms may or may not involve the immune system. Common food intolerances include milk, eggs, wheat, soya, caffeine and some food additives. The cause of food intolerance may be dietary protein, sugars, fats or dietary fibre.



SOME COMMON examples

Egg - the main causes of egg allergies are three proteins in the white of eggs: ovomucoid, ovalbumin & conalbumin.

Gluten - is a mixture of proteins found in some foods such as cereals, breads, pasta and sauces.

Lactose - the simple sugar in milk and milk products. The enzyme lactase, present in the lining of the small intestine, splits lactose into two simple sugars. When lactase is absent, lactose passes through the intestine to the colon (large bowel), carrying extra fluid causing symptoms such as bloating, diarrhoea, abdominal cramps and gas.

Monosodium Glutamate (MSG) - is a flavour enhancer that is sometimes added to processed foods and can also occur naturally in certain foods such as tomato products, soy sauce and mature cheeses. It may pose a problem for a small number of glutamate-sensitive asthmatics.

Soya - is used as an ingredient in many food products such as baked goods, ice-cream and processed meats. Soya flour increases the shelf life of many products & improves the colour of pastry crusts.

Tartrazine - is a synthetic yellow azo dye found in fruit squash, fizzy drinks and sweets. It appears to cause the most allergic and/or intolerance reactions of all the azo dyes.

ALLERGENS

- Product contains the allergen indicated in the table.
- ◆ Product may contain the allergen indicated in the table. Components of this product are made in a plant that handles the allergen and the possible presence cannot be excluded.

* Components of this product may be subject to local purchasing and the ingredients/allergens may therefore vary from those listed. Please check with the restaurant.

BURGERS

The Original Quarterpounder with Cheese
 The Original Halfpounder
 Bacon & Cheese Quarterpounder
 Bacon & Cheese Halfpounder
 BBQ Burger
 Bender in a bun with Cheese
 Wimpy Hamburger
 Wimpy Cheese Burger
 Wimpy Double Cheese Burger
 Wimpy Spicy Bean Burger
 Mega Burger

| Gluten | Eggs | Fish | Crust-aceans | Peanuts | Tree Nuts | Soya Beans | Milk | Celery | Mustard | Sesame Seeds | Sulphur Dioxide |
|--------|------|------|--------------|---------|-----------|------------|------|--------|---------|--------------|-----------------|
| ● | ● | | | | | ● | ● | | ● | ◆ | |
| ● | ● | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ◆ | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |
| ● | | | | | | ● | ● | | ● | ◆ | |

NEW OPEN BURGERS

Mushroom Burger
 Brunch Burger
 Smokey BBQ Burger

| | | | | | | | | | | | |
|---|---|--|--|--|--|---|---|--|---|---|--|
| | | | | | | | | | | | |
| ● | ● | | | | | ◆ | ● | | ● | ◆ | |
| ● | ● | | | | | ◆ | ● | | ● | ◆ | |
| ● | | | | | | ◆ | ● | | ● | ◆ | |

CHICKEN BURGERS

Chicken in a Bun
 Gourmet Chicken Fillet
 Chicken Fillet
 Chicken Fillet Hot & Spicy
 Chicken Chunks with Chips

| | | | | | | | | | | | |
|---|---|--|--|--|--|---|--|---|---|---|--|
| | | | | | | | | | | | |
| ● | ● | | | | | ● | | | ● | ◆ | |
| ● | ● | | | | | ◆ | | | ● | ◆ | |
| ● | ● | | | | | ● | | ● | ● | ◆ | |
| ● | ● | | | | | ◆ | | | ● | ◆ | |
| ● | ● | | | | | ● | | | ● | ◆ | |

ALLERGENS

TREATS

tea time

Toasted Tea Cake with Butter

Chocolate Brownie

Toffee Cake

Ring Donut

Carrot Cake

something special

Brown Derby

Toffee Sundae

Brownie Sundae

Eskimo Waffle

Ice Cream Sundae Portion

Choc Sauce

Strawberry Sauce

Maple Flavoured Syrup

Nibbed Nuts

Flake *

Mini Marshmallow

| Gluten | Eggs | Fish | Crust- aceans | Peanuts | Tree Nuts | Soya Beans | Milk | Celery | Mustard | Sesame Seeds | Sulphur Dioxide |
|--------|------|------|------------------|---------|--------------|---------------|------|--------|---------|-----------------|--------------------|
| | | | | | | ◆ | • | | | ◆ | |
| • | | | | | ◆ | • | • | | | | |
| • | • | | | | ◆ | • | • | | | | |
| • | | | | | | • | ◆ | | | ◆ | |
| • | • | | | | • | | • | | | | |
| | | | | | | | | | | | |
| • | | | | | • | • | • | | | ◆ | |
| • | • | | | | • | • | • | | | | |
| • | • | | | | • | • | • | | | | |
| • | • | | | | • | • | • | | | | |
| | | | | | | | • | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | • | | | | | | |
| ◆ | | | | | | ◆ | • | | | | |
| • | | | | | | • | | | | | |

ALLERGENS

Extras

Chips - Regular

Chips - Large

Onion Rings - Regular

Onion Rings - Large

Mozarella Melts - Regular

Mozarella Melts - Large

Cheese Slice

Bacon

Hashbrown

Egg

Heinz Baked Beans

Peas

Mushrooms

Coleslaw

| Gluten | Eggs | Fish | Crust- aceans | Peanuts | Tree Nuts | Soya Beans | Milk | Celery | Mustard | Sesame Seeds | Sulphur Dioxide |
|--------|------|------|------------------|---------|--------------|---------------|------|--------|---------|-----------------|--------------------|
| | | | | | | | | | | | |
| | | | | | | | | | • | | |
| | • | | | | | | | | • | | |
| | • | | | | | | • | | | | |
| | • | | | | | | • | | | | |
| | | | | | | • | • | | | | |
| | | | | | | | • | | | | |
| | | | | | | | | | | | |
| | • | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | • | | | | ◆ | | • | | • | | • |

ALLERGENS

BREAKFASTS

Great Wimpy Breakfast
 Wimpy Breakfast
 Hashbrown Breakfast
 Country Breakfast
 Wimpy Club *
 Banger Breakfast

quick bites

Bacon in a Bun
 Bacon & Egg in a Bun
 Sausage in a Bun
 Sausage & Egg in a Bun
 Toasted Tea Cake with Butter

breakfast extras

Mushrooms
 Heinz Baked Beans
 Extra Egg
 Hashbrown
 Breakfast Sausage
 Bacon
 2 Slices of toast served
 with butter & jam *

| Gluten | Eggs | Fish | Crust- aceans | Peanuts | Tree Nuts | Soya Beans | Milk | Celery | Mustard | Sesame Seeds | Sulphur Dioxide |
|--------|------|------|------------------|---------|--------------|---------------|------|--------|---------|-----------------|--------------------|
| • | • | | | | | • | • | | | | • |
| • | • | | | | | | | | • | | • |
| | • | | | | | | • | | | | |
| • | • | | | | | | | | | | • |
| • | • | | | | | • | • | | • | | |
| • | • | | | | | | | | | | • |
| | | | | | | | | | | | |
| • | | | | | | ◆ | | | | ◆ | |
| • | • | | | | | ◆ | | | | ◆ | |
| • | | | | | | ◆ | | | | ◆ | • |
| • | • | | | | | ◆ | | | | ◆ | • |
| • | | | | | | ◆ | • | | | ◆ | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | • | | | | | | | | | | |
| | | | | | | | • | | | | |
| • | | | | | | | | | | | • |
| • | | | | | | • | • | | | | |

ALLERGENS

KIDS POWER MEALS

Junior Burger with Chips
with Salad

Junior Cheese Burger with Chips
with Salad

Cheese Toastie with Chips *
with Salad *

Sausages with Chips
with Salad

Bender with Chips
with Salad

Chicken Chunks with Chips
with Salad

Fish Bites with Chips
with Salad

Waffle with Cream & Chocolate Sauce
Waffle with Ice Cream & Chocolate Sauce

Ice Cream with Strawberry Sauce
Chocolate Sauce

Side Salad

Heinz Baked Beans

Peas

| Gluten | Eggs | Fish | Crust- aceans | Peanuts | Tree Nuts | Soya Beans | Milk | Celery | Mustard | Sesame Seeds | Sulphur Dioxide |
|--------|------|------|------------------|---------|--------------|---------------|------|--------|---------|-----------------|--------------------|
| • | | | | | | ◆ | | | • | ◆ | |
| • | | | | | | ◆ | | | • | ◆ | |
| • | | | | | | • | • | | • | ◆ | |
| • | | | | | | • | • | | • | ◆ | |
| • | | | | | | • | • | | | | |
| • | | | | | | • | • | | | | |
| • | | | | | | | | | | | • |
| • | | | | | | | | | | | • |
| • | | | | | | | | | | | |
| • | • | | | | | • | | | • | | |
| • | • | | | | | • | | | • | | |
| • | | • | | | | | | | | | |
| • | | • | | | | | | | | | |
| • | • | | | | ◆ | • | • | | | | |
| • | • | | | | ◆ | • | • | | | | |
| | | | | | | | • | | | | |
| | | | | | | | • | | | | |
| • | | | | | | ◆ | ◆ | | | | |
| | | | | | | | | | | | |



ALLERGENS

HOT DRINKS

Cappuccino
Americano (Black)
Latte
Crèmeccino
Mocha
Espresso
Hot Chocolate with Cream
Tea with Milk
Tea - Black

| Gluten | Eggs | Fish | Crust- aceans | Peanuts | Tree Nuts | Soya Beans | Milk | Celery | Mustard | Sesame Seeds | Sulphur Dioxide |
|--------|------|------|------------------|---------|--------------|---------------|------|--------|---------|-----------------|--------------------|
| | | | | | | | • | | | | |
| | | | | | | | • | | | | |
| | | | | | | | • | | | | |
| ◆ | | | | | | ◆ | • | | | | |
| ◆ | | | | | | ◆ | • | | | | |
| | | | | | | | • | | | | |
| | | | | | | | | | | | |

NOTES

- The information in this table is based on ingredient information correct at the time of printing (May 2011). Product recipes and meal components may however be subject to change without notice and it is always advisable to check with restaurant staff.
- Every care is taken in the preparation of meals in the restaurant kitchen but please always check with restaurant staff if you have any concerns regarding a food allergy.
- From time to time restaurants may serve products that are locally purchased and are not included in the table.
- Pre-packed single portions such as sauces, dressings and bottled drinks have ingredient information printed onto the packaging.
- Products subject to availability.

HINTS & TIPS:

food based dietary guidelines

- Enjoy a variety of foods
- Be active!
- Make starchy foods the basis of most meals
- Eat plenty of vegetables and fruits every day
- Chicken, fish, meat, milk or eggs could be eaten daily
- Eat sugar and sugar-containing foods and drinks in moderation
- Eat fats sparingly
- Use salt sparingly
- Drink lots of water
- If you drink alcohol, drink in moderation



GUIDELINES FOR eating out

You make choices every day, none more so than when you sit down for a meal and look at the delicious options on many restaurant menus. Wimpy is offering you the choice to make an informed decision, by giving you nutrient information of all the items on our menu.

Compromise by cutting back on fats at the next meal

If you choose a huge main meal at Wimpy eg. a Halfpounder and Chips, then you should try to have a lighter meal or snack later eg. a fruit salad or a salad roll.

Keep an eye on liquid refreshments

If you have indulged in a fat filled meal, it may be a good idea to give the milkshake and floats a skip. Preference should be given to water, mineral water, tea or coffee as a healthier option.

Eat slowly and savour every bite.

Starters

A fresh salad with a little vinaigrette dressing or fruit make for a good starter. When ordering a salad, always ask for the dressing on the side.

COUNTING calories

Calorie Reference Table

Average Energy requirement /day (kcal)

| | | |
|---------|-------------|-------|
| Boys | 7-10 years | 1 970 |
| Boys | 11-14 years | 2 220 |
| Boys | 15-18 years | 2 755 |
| Males | 18+ | 2 500 |
| Girls | 7-10 years | 1 740 |
| Girls | 11-14 years | 1 845 |
| Girls | 15-18 years | 2 110 |
| Females | 18+ | 2 000 |

*Dietary Reference intake tables
extracted from Food Standards
Agency publications.
Product and nutritional
information subject to change.*

GET active

Sandwiches - Go for a salad filling and only one type of protein such as cheese, tuna, chicken or beef. This makes a quick meal with protein and a good mix of other nutrients all in one. Go lightly on the mayonnaise and ask for a light vegetable spread rather than butter.

Meat, fish and poultry

Poultry and fish are generally good main course selections. They are naturally low in fat and can be prepared with minimal or no use of fat, and still taste delicious.

Kick start your day with a breakfast rich in energy & fibre. Select **cereal** and fruit juice for an energy-packed, high-fibre, nutrient-rich meal to get you going.

Exercise frequently. Active people need to eat more to maintain their energy levels. Half an hour of moderate exercise (eg. walking) on most days will allow you to enjoy a delicious **Wimpy Hamburger** as a special weekend treat. Be mindful of hidden fats. Your body needs a small amount of fat daily.

Be careful of those not so obvious sources of fats, such as full cream milk, cheese and fried foods. Consume fats in small amounts and look for the lower fat menu items such as **Wimpy Gourmet Chicken Salad**.

Most importantly you should enjoy your food and make the most of every meal. For good health and vitality, balance is the key. It is not about depriving yourself, it is just about making nutritious and healthy choices. Food can be both nutritious and delicious!

The choice is yours.

Nutritionally The Choice is yours...

Wimpy is committed to improving the health of their customers by promoting the need for proper nutrition. We have compiled some important guidelines for WIMPY patrons, which can help you to make wise food choices both when you are eating out or at home. We are now offering you the choice to make an informed decision, by giving you nutrient information of all the food items on our menu. Calorie information correct at time of print and based on standard portions which may vary.

Did you enjoy your meal? If so, why not tell your friends and let them enjoy the experience too. However, if there was any problem at all, please speak to a member of staff before you leave. These menus remain the property of

Wimpy Restaurants Group Ltd at all times.
www.wimpy.uk.com, www.eatwell.gov.uk

Any substitutes or extra menu products may change the cost of your meal.
For information about how to recycle packaging please visit www.recycle-more.co.uk
Values correct at time of print and may change without prior notice