

NUTRITIONAL INFORMATION

MAIN MENU



Important Information

- The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size unless otherwise stated.
- Reference Intakes, previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet. They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

Reference Intakes (RIs) of an average adult:	
Nutrient	Reference Intake
Energy (kj / kcal)	8400KJ / 2000Kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

STARTER SHARING PLATTERS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cheesy Garlic Bread Board V	6,329	1507	69.7	21.4	171.2	18.7	44.2	4.86
Ultimate Nachos V	7,266	1730	97.5	31.5	163.8	9.6	40.3	6.04
Add BBQ Pulled Pork	882	210	8.4	2.8	22.5	21.5	11.0	0.82
Add Chipotle BBQ Beans V	650	155	2.9	0.2	26.2	12.6	4.1	1.05
SMALL SHARERS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Potato Skins	1,454	346	16.0	6.7	34.0	0.6	16.7	1.79
Duck Wings	1,522	362	20.9	5.6	11.5	8.6	31.7	2.27
Pepper-Crumb Fried Chicken Strips	1,574	375	17.8	3.2	31.4	13.1	22.3	1.80
Spicy Crackerjack Prawns	1,336	318	12.8	3.0	41.4	15.0	9.1	2.00
Breaded Button Mushrooms V	2,334	556	40.1	7.8	41.4	2.1	7.0	1.84
Mac & Cheddar Cheese Bites V	1,536	366	18.3	6.5	41.8	4.4	8.6	1.39
Chicken Wings	1,491	355	18.4	4.8	14.8	13.4	32.5	1.85
Sweet Potato & Red Onion Skewers V	1,264	301	8.6	0.7	50.2	25.7	2.9	1.91
Pork Riblets	948	226	7.9	2.8	21.5	20.2	17.1	0.74
Grilled Chorizo	1,454	346	28.8	9.1	1.7	1.0	19.0	2.11
Halloumi Skewers V	1,079	257	21.4	13.6	15.3	14.4	0.7	2.29
Buffalo Chicken Wings	1,213	289	17.7	3.8	1.8	1.0	31.2	1.56
LOADED BURGERS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Classic Burger	3,839	914	39.8	12.9	99.0	7.0	39.5	2.54
Cheese and Bacon	833	198	15.3	8.7	0.3	0.0	15.3	1.98
The Nacho Burger V	1,361	324	22.5	10.2	18.7	1.7	10.8	1.10
Chorizo Melt	1,981	472	37.6	14.2	9.4	1.6	23.6	2.14
Veggie BBQ V	817	195	9.0	4.8	21.4	9.4	5.1	0.37
BBQ Pulled Pork	2,087	497	29.6	12.7	30.8	22.1	27.4	2.86

FISH & VEGETARIAN	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Herb Battered Halloumi & Chips V	4,665	1111	75.1	26.5	80.3	4.7	28.1	5.72
Signature Fish & Chips - mushy peas	5,024	1196	63.6	12.3	101.6	8.2	52.6	1.89
Signature Fish & Chips - buttered peas	5,131	1222	68.0	14.9	98.0	9.1	52.5	1.58
Grilled Fish & Chips - buttered peas.	3,816	909	40.8	9.1	69.9	5.6	63.1	1.64
Grilled Fish & Chips - mushy peas.	3,709	883	36.4	6.6	73.5	4.7	63.2	1.95
Crispy Wholetail Scampi	4,250	1012	53.1	12.9	108.9	6.6	21.9	4.35
Grilled Salmon Fillet	3,281	781	35.4	5.2	67.1	27.1	46.1	2.14
Cauliflower Cheese and Tomato Tart	4,098	976	51.6	26.6	99.1	11.1	23.8	1.59
Cellentini Pasta in a Tomato Salsa Sauce	3,217	766	31.2	11.3	91.3	9.5	25.8	2.21
Why not add a grilled chicken breast	4,157	990	38.3	12.4	91.4	9.5	65.8	3.20
ROTISSERIE CHICKEN	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Half Rotisserie Chicken	5,831	1388	61.0	15.1	98.3	22.6	113.4	7.44
Whole Rotisserie Chicken	11,009	2621	118.0	28.7	169.1	29.3	225.3	13.04
The Harvester 83 Combo For One	6,361	1514	60.3	16.8	110.2	32.8	134.2	6.49
The Harvester 83 Combo For Two to Share	12,544	2987	121.9	34.7	201.7	50.5	274.4	12.49
Chicken Breast	4,305	1025	45.9	11.6	96.4	22.1	57.0	6.37
Original Combo	5,068	1207	48.4	14.1	107.6	31.7	85.9	4.97
Just Half Chicken	1,700	405	18.9	5.5	1.8	1.3	56.4	1.84
CLASSIC CHICKEN	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken & Chorizo Skewers	4,414	1051	56.0	16.2	60.7	9.0	72.2	3.30
Simple Grilled Chicken	2,388	568	23.8	6.2	35.9	4.5	48.6	0.99
BBQ Chicken Stack	5,064	1206	51.0	16.3	106.8	19.4	79.2	3.82
Salsa Chicken & Pepper Stack	4,328	1031	57.2	12.3	79.5	25.4	48.7	3.19
Triple Chicken	5,423	1291	44.8	10.0	111.8	19.5	109.8	4.24
HARVESTER `S CELEBRATION COMBO	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
I Want It All - For One	7,574	1803	94.0	25.9	117.3	56.1	121.4	7.78
I Want It All - For Two To Share	15,250	3631	216.5	65.8	210.5	99.8	259.3	19.12
SMOKE & FIRE	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cornish Smoked Back Ribs	5,127	1221	60.3	19.7	105.7	32.2	60.8	2.11
Full Rack of Ribs	5,528	1316	61.2	19.5	113.1	36.6	76.2	3.29
Mega Ribs	6,128	1459	64.8	20.7	110.9	32.5	106.4	3.60
Smoked Bacon Belly	6,181	1472	87.4	24.1	120.6	52.5	48.0	7.62
Jamaican Boneless Beef Rib	5,938	1414	82.6	24.9	106.8	42.6	57.8	4.01
Half Aromatic Boneless Duck	5,620	1338	72.4	17.1	94.5	46.4	73.2	4.25
Smoked Pork & Bramley Apple Sausage Whirl	6,596	1571	95.8	28.6	134.6	56.8	40.0	7.07
GRILLS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
7oz Gammon Steak with Fried Free-Range Egg	3,542	843	44.2	12.8	61.2	1.3	50.0	5.57
7oz Gammon Steak with Pineapple	3,164	753	35.3	10.2	67.1	7.2	41.3	5.57
Mixed Grill	5,588	1331	73.0	22.3	80.8	7.2	86.8	6.48

STEAKS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Signature 12oz Rump Steak with Harvesters Black Pepper Herb & Mustard Dry Rub	5,631	1341	78.8	25.1	85.9	24.2	74.3	4.88
Signature 12oz Rump Steak with Dukes Smokey Ketchup Glaze	5,586	1330	78.6	25.1	84.1	23.4	73.9	3.68
8oz Rump	3,703	882	45.6	17.2	65.7	4.2	51.4	1.28
12oz Rump	4,499	1071	56.8	21.9	68.3	4.2	73.6	1.45
8oz Sirloin	3,866	920	49.1	19.7	65.7	4.2	53.3	1.23
10oz Rib-eye	3,860	919	40.8	17.2	65.7	4.2	69.8	1.73
8oz Skinny Rump	1,994	475	28.9	13.1	5.8	3.8	47.2	0.87
SAUCE	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Hollandaise	932	222	22.6	8.2	3.8	0.5	0.7	0.66
Peppercorn	319	76	5.3	3.0	5.1	1.9	1.5	0.66
Dukes Smokey BBQ Gravy	309	74	2.4	1.3	12.9	4.2	0.3	1.19
YOUR STEAK, YOUR WAY	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<i>Toppers:</i>								
Cropwell Bishop Stilton & Thick-Cut Bacon	948	226	17.1	9.9	0.5	0.0	17.9	2.67
King Prawns in Garlic Butter	857	204	18.4	12.0	1.2	0.6	8.0	0.79
Chorizo & Padron Pepper	635	151	12.1	3.2	0.9	0.9	9.5	0.82
Half Rack of Ribs with our BBQ Sauce	1,389	331	16.4	5.7	13.3	9.6	32.7	1.23
SWAPS & SIDES	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<i>Swap for Free</i>								
Seasoned Fries V	1,704	406	16.7	4.2	59.8	0.3	4.2	0.27
Buttered Green Beans V	596	142	8.2	5.1	11.9	3.4	2.9	0.18
Jacket Potato with Butter V	1,331	317	8.6	5.1	51.7	1.9	6.4	0.20
<i>without Butter V</i>	1,033	246	0.6	0.0	51.7	1.8	6.4	0.05
Dirty Rice V	970	231	5.6	0.5	39.1	2.9	4.8	1.05
<i>Premium Swaps</i>								
Harvester Chilli-Seasoned Fries V	1,759	419	17.0	4.3	62.4	2.3	4.5	0.97
Sweet Potato Fries V	2,110	502	30.1	4.9	54.6	14.8	3.1	1.38
Buttery Garlic Mash V	1,104	263	13.4	1.6	29.0	2.5	4.2	1.10
Jacket Potato with Sour Cream V	1,352	322	8.0	4.6	52.9	2.7	7.7	0.10
<i>Just sides</i>								
Garlic Ciabatta V	1,134	270	12.8	5.8	32.0	2.6	5.6	0.70
Cheesy Garlic Ciabatta V	1,441	343	18.4	9.4	32.4	2.6	10.8	1.05
Cheesy Garlic Corn on the Cob V	2,461	586	35.9	7.6	47.4	5.0	15.1	0.68
Onion Petals V	1,874	446	30.0	6.2	40.6	3.0	5.5	0.32
Crispy Lightly Spiced Cauliflower V	2,391	569	42.4	8.1	33.8	6.0	12.7	2.76
Chipotle BBQ Beans V	650	155	2.9	0.2	26.2	12.6	4.1	1.05

DESSERTS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Oreo Cookie 'n' Cream V	3,161	753	31.8	18.4	105.0	85.3	10.4	0.72
Honeycomb Explosion V	2,791	665	24.3	13.5	103.4	92.0	7.8	0.87
Rocky Horror V	2,901	691	38.0	22.1	73.6	66.6	11.8	0.64
Summer Pudding V	2,569	612	20.3	13.6	96.6	74.4	9.6	0.52
Sundae Best V	1,040	248	10.1	6.5	33.0	32.6	6.5	0.22
<i>Sundae Best Toppers:</i>								
Raspberry Sauce V	231	55	0	0	13.7	10.6	0	0.04
Devon Cream Toffee Sauce V	294	70	2.3	0	12.1	10.1	0.1	0.00
Belgian Chocolate Sauce V	244	58	0.6	0	12.8	10.2	0.2	0.00
Strawberry Sauce V	231	55	0	0	13.7	8.1	0	0.05
Mini M&M's®	602	143	6.2	3.8	20.6	20.6	1.4	0.04
Mini Rolo's®	517	123	5.7	3.4	16.3	16.0	1.4	0.06
Mint Aero Bubbles®	655	156	8.4	5.5	18.7	18.5	1.4	0.08
PUDDINGS	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Apple, Raspberry & Watermelon Granola Crumble	2,701	643	15.2	2.6	113.5	73.4	9.2	0.40
Fruit Salad V	699	166	3.3	0.4	30.1	21.3	2.4	0.05
Fruit Salad with Ice Cream V	332	79	3.2	2.1	10.4	10.4	2.1	0.07
Deep Fill Bramley Apple Pie	1,961	467	18.8	6.3	68.7	19.7	2.7	0.27
NGCI Sticky Toffee Pudding with custard	1,543	367	12.0	6.6	60.0	39.4	4.1	0.19
Key Lime Pie with Fluffy Cream V	2,692	641	45.6	25.8	63.9	43.5	2.8	0.29
Salted Caramel Profiteroles with Devon Toffee Sauce & Fluffy Cream V	2,473	589	38.8	7.0	54.7	46.8	5.1	0.57
Eton Mess Cheesecake with Raspberries in Sauce and Fluffy Cream V	2,448	583	36.2	21.3	68.0	48.0	9.0	0.46
Waffle & Ice Cream Sandwich with Raspberries in Sauce & Fresh Strawberries V	4,020	957	48.1	24.4	130.8	68.6	14.9	1.94
Chocolate Fudge Cake V	5,112	1217	55.7	20.1	157.4	128.3	17.4	1.62
Red Velvet Cake with Fresh Strawberries and Fluffy Cream	4,510	1074	56.0	22.2	134.4	87.9	6.7	1.06

VThese dishes are suitable for vegetarians.

Allergen Information: All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available.

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