
































































































Evolution Main Menu 2023

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
HMS Beagles Burger's				
Evolution Wagu Beefburger - 1 Serving	1480Kcal	 WHEAT, BARLEY  SULPHITES	 OATS, RYE  HAZELNUTS, ALMONDS	
		 WHEAT, BARLEY  MILK  MUSTARD  SULPHITES	 OATS, RYE  HAZELNUTS, ALMONDS	
Bacon & Cheeseburger - 1 Serving	1910Kcal	 WHEAT, BARLEY  EGGS  MILK  SOYA  SULPHITES	 OATS, RYE  HAZELNUTS, ALMONDS	
		 WHEAT, BARLEY  EGGS  MILK  SOYA  SULPHITES	 OATS, RYE  HAZELNUTS, ALMONDS	
Cheeseburger - 1 Serving	1761Kcal	 WHEAT, BARLEY  EGGS  MILK  SOYA  SULPHITES	 OATS, RYE  HAZELNUTS, ALMONDS	
		 WHEAT, BARLEY  MILK  SULPHITES	 OATS, RYE  HAZELNUTS, ALMONDS  CELERY  MUSTARD  SOYA	
T-REX Moving Mountain Burger - 1 Serving	1977Kcal	 OATS, WHEAT, BARLEY  SESAME  SOYA  SULPHITES	 RYE  HAZELNUTS, ALMONDS  EGGS  CRUSTACEANS	
		 WHEAT, BARLEY  SOYA  SULPHITES	 OATS, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	
C-REX Moving mountains not chicken burger - 1 Serving	2056Kcal	 WHEAT, BARLEY  SOYA  SULPHITES	 OATS, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	
Light Bites & Sharing Plates				
Garlic & Mozzarella Flat Bread - 1 Serving	661Kcal	 WHEAT  MILK		 VEGETARIAN
Evo Mozzarella & Halloumi Sticks - 1 Serving	482Kcal	 WHEAT  MILK  SOYA	 CELERY  MUSTARD	 VEGETARIAN















Salt & Chilli Tempura Prawns & Squid - 1 Serving	356Kcal	 WHEAT  EGGS  CRUSTACEANS  MOLLUSCS  SOYA	 MILK  FISH	
	Nachos for 1 - 1 Serving	627Kcal	 MILK  SOYA	
	Nachos for 2 - 1 Serving	630Kcal	 MILK  SOYA	 VEGETARIAN  GLUTEN FREE
	Barbecue Chicken Wings for 1 - 1 Serving	655Kcal	 WHEAT, BARLEY  EGGS  MILK  CELERY  SOYA	 MUSTARD  GLUTEN FREE
	Barbecue Chicken Wing For 2 - 1 Serving	647Kcal	 WHEAT, BARLEY  EGGS  MILK  CELERY  SOYA	 MUSTARD
	Cauliflower Wings For 1 - 1 Serving	374Kcal	 WHEAT  EGGS  MILK	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
	Cauliflower Wings For 2 - 1 Serving	548Kcal	 WHEAT  EGGS  MILK	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  MUSTARD  SOYA
	Nacho Salad (New) - 1 Serving	287Kcal	 SULPHITES	
Captains Favorites				
Evolution Baby Back Ribs - 1 Serving	1288Kcal	 WHEAT, BARLEY  CELERY  SOYA		 GLUTEN FREE
Whitby Scampi - 1 Serving	1006Kcal	 OATS, WHEAT, RYE  EGGS  CRUSTACEANS  MUSTARD	 FISH  MOLLUSCS	
Sirloin - 1 Serving	835Kcal			

Rump - 1 Serving	1051 Kcal			
Lemon & Herb 1/2 Roast Chicken - 1 Serving	1519 Kcal			
Chipotle 1/2 Roast Chicken - 1 Serving	1654 Kcal			

Captains Comb

Half Rack of Ribs - 1 Serving	208 Kcal	 WHEAT, BARLEY	 CELERY	 SOYA		
1/2 Lemon & Herb Chicken. - 1 Serving	343 Kcal					
1/2 Roast Chipotle Chicken - 100g	0 Kcal					
Captains Combo 8oz Sirloin Steak - 1 Serving	484 Kcal					
Captains Combo 6oz Rump Steak. - 1 Serving	217 Kcal					
Captains Combo Whitby Scampi - 1 Serving	177 Kcal	 OATS, WHEAT, RYE	 CRUSTACEANS	 FISH	 MOLLUSCS	
Captains Combo Tempura Prawns - 1 Serving	218 Kcal	 WHEAT	 EGGS	 CRUSTACEANS		
		 SOYA				
Captains Combo Garnish - 1 Serving	998 Kcal	 WHEAT				















Pizza's

Evo Pepperoni Pizza - 1 Serving	1089 Kcal	 WHEAT	 MILK	 SOYA		
Evo Goat's Cheese Pizza - 1 Serving	1192 Kcal	 WHEAT	 MILK	 SULPHITES	 SOYA	 VEGETARIAN
Evo Margarita Pizza - 1 Serving	933 Kcal	 WHEAT	 MILK	 SOYA		
Evo Spicy Chicken Pizza - 1 Serving	1005 Kcal	 WHEAT	 MILK	 SOYA		





Skippers Salad's


















Chicken Cesar Salad - 1 Serving	751 Kcal	 WHEAT, BARLEY	 EGGS	 MILK		
		 FISH	 MUSTARD			
Evolution Chickpea Shawarma Salad - 1 Serving	784 Kcal	 WHEAT	 SESAME	 SULPHITES		 VEGETARIAN  VEGAN
Baked Goats Cheese Salad. - 1 Serving	437 Kcal	 WHEAT	 MILK	 SOYA		 VEGETARIAN
		 SULPHITES				

Side Dishes

Boston fries - 1 Serving	535 Kcal	 MILK				 VEGETARIAN
Balsamic Dressed Side Salad - 1 Serving	62 Kcal	 SULPHITES				
Onion Rings - 1 Serving	441 Kcal	 WHEAT				 VEGETARIAN  VEGAN
Sweet Potato Fries - 1 Serving	666 Kcal					 VEGETARIAN  VEGAN
Halloumi Fries - 1 Serving	543 Kcal	 WHEAT	 MILK	 SOYA		 VEGETARIAN
Evolution House Slaw Side Order - 1 Serving	513 Kcal					
Evo Skin on Fries Side Order - 1 Serving	472 Kcal					 VEGETARIAN  VEGAN

Sauces

Peppercorn Sauce - 1 Serving	108 Kcal	 MILK	 CELERY	 WHEAT, BARLEY	 EGGS	
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Garlic Butter - 1 Serving	308Kcal	 MILK		 VEGETARIAN  GLUTEN FREE	
Chilli Butter - 1 Serving	310Kcal	 MILK		 VEGETARIAN  GLUTEN FREE	
Chimi Mayo - 1 Serving	377Kcal	 WHEAT	 EGGS	 SOYA  GLUTEN FREE	
Sriracha Mayo - 1 Serving	370Kcal	 EGGS		 MUSTARD	 SOYA  GLUTEN FREE
Signature Barbecue Sauce - 1 Serving	208Kcal	 WHEAT, BARLEY	 CELERY	 SOYA	

Generated by Nutritics v5.95 on 26th Jan 2024. Last Modified 17th Nov 2023.