

# HUB BOX

## MAIN MENU CALORIES:

<b>BEEF BURGERS</b>	<b>SINGLE PATTY</b>	<b>DOUBLE PATTY</b>	<b>TRIPLE PATTY</b>
CLASSIC	522	962	
CLASSIC CHEDDAR	635	918	
CLASSIC USA	604	856	
CLASSIC SWISS	601	850	
ALL STAR	495	747	
HUB	612	895	
CHILLI CHEESE	679	931	
DOUBLE BACON CHEESE		891	1043
BIG KAHUNA		1075	1324

<b>CHICKEN BURGERS</b>	<b>KCALS</b>
BUTTERMILK CHICKEN	755
KIM YUM CHICK	794
KINGSTON CHICK	545
DIRTY DISCO	823
CHICKEN TRAY	863
<b>PORK</b>	<b>KCALS</b>
CLASSIC DOG	756
CHILLI DOG	780
NOTORIOUS R.I.B.	685
<b>VEGGIE + VEGAN BURGERS</b>	<b>KCALS</b>
BETSY	749
BIG CHEESE	730
VEGAN ALL STAR	444
VEGAN HUB	658
VEGAN CHICKEN	600
VEGAN KIM YUM CHICK	615
<b>DIRTY FRIES</b>	<b>KCALS</b>
ZERO CLUCKS GIVEN	1018
CHILLI CHEESE FRIES	806
BOSTON FRIES	650
MOTHER CLUCKER FRIES	927
<b>DIRTY FRIES</b>	<b>KCALS</b>
SKIN-ON FRIES	360

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SWEET POTATO FRIES	396
CHEESY FRIES	612
CHEESY FRIES W/ BACON	675
TRUFFLE + PARMESAN FRIES	905
MAKE ME DIRTY	278
<b>SIDES</b>	<b>KCAL</b>
ONION RINGS	520
CAROLINA SLAW	148
CORN RIBS	290
MAC 'N CHEESE	778
MAC 'N CHEESE W/ BACON	841
HALLOUMI FRIES	805
CHICKEN TENDERS	463
NACHOS	635
NACHOS W/ BEEF CHILLI	731
<b>SALADS</b>	<b>KCAL</b>
FALAFEL SALAD	695
CAESAR SALAD	651
CAESAR SALAD W/ CHICKEN	892
<b>DIPS</b>	<b>KCAL</b>
GARLIC MAYO	362
CHIPOTLE MAYO	329
HOT SAUCE	52
HUB SAUCE	261
GOCHUJANG MAYO	364
KOREAN BBQ	118
SMOKY BBQ	96

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## MAIN DRINKS MENU CALORIES:

<b>MALT MILKSHAKES</b>	<b>REGULAR</b>	<b>EXTRA LARGE</b>
VANILLA	485	1103
CHOCOLATE	560	1254
STRAWBERRY	484	1102
SALTED CARAMEL	482	1097
BANANA	483	1099
OREO	593	1268

<b>LOW ABV BEERS + CIDERS</b>	<b>KCAL</b>
CORONA CERO LAGER	56
SHEPPY'S LOW ABV	140
BRISTOL BEER FACTORY CLEAR HEAD IPA	69
<b>SOFT BOTTLES + CANS</b>	<b>KCAL</b>
FANTA	63
SPRITE	3
APPLETISER	160
BUNDABERG GINGER BEER	79
TING	55
SODA FOLK CREAM SODA	109
SODA FOLK CHERRY	89
SODA FOLK ROOT BEER	158
<b>SOFTS ON TAP (PINT)</b>	<b>KCAL</b>
COKE	239
COKE ZERO	2
DIET COKE	2
LEMONADE	106
<b>COOLERS</b>	<b>KCAL</b>
GRAPEFRUIT	103
RASPBERRY LEMONADE	113
STRAWBERRY	92
ELDERFLOWER	115
PASSIONFRUIT	139
<b>HOT DRINKS - COFFEE</b>	<b>KCAL</b>
DOUBLE ESPRESSO	1

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BLACK AMERICANO	1
WHITE AMERICANO	64
FLAT WHITE	128
LATTE	191
CAPPUCCINO	135
MOCHA	213
ICED VANILLA COFFEE	259
<b>HOT DRINKS – HOT CHOCOLATE</b>	<b>KCAL</b>
MINI HOT CHOCOLATE	142
HBX HOT CHOCOLATE	212
W/ CREAM & MARSHMELLOWS	318
<b>HOT DRINKS – TEA</b>	<b>KCAL</b>
BREAKFAST TEA	63
EARL GREY	63
ALL FRUIT TEAS	0

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## BREAKFAST MENU CALORIES:

<b>MAIN DISHES</b>	<b>KCALS</b>
HUEVOS RANCHEROS	467
DIRTY BREAKFAST FRIES	1134
SMASHED AVO & EGGS ON TOAST	563
FULL CORNISH	884
FULL VEGGIE	878
FULL VEGAN	399
<b>HBX MUFFINS</b>	<b>KCALS</b>
BACON & EGG	692
SAUSAGE & EGG	976
THE WORX	1039
VEGGIE	681
<b>PANCAKES</b>	<b>KCALS</b>
BACON & MAPLE SYRUP	795
BERRIES & ICE CREAM	698
<b>SMOOTHIES</b>	<b>KCALS</b>
TROPICAL SMOOTHIE	115
GREEN SMOOTHIE	85
BERRY SMOOTHIE	153
<b>KIDS BREAKFAST</b>	<b>KCALS</b>
KIDS FULL CORNISH	587
BACON & EGG BREAKFAST ROLL	369
SAUSAGE & EGG BREAKFAST ROLL	538
KIDS FULL VEGGIE	351
EGGS ON TOAST (FRIED)	362
EGGS ON TOAST (POACHED)	388
PANCAKES	493
KIDS TROPICAL SMOOTHIE	115
KIDS BERRY SMOOTHIE	100

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## DESSERT MENU CALORIES:

<b>HUB TUBS</b>	<b>KCALs</b>
CORNISH CREAM TEA	216
SALTED CARAMEL FUDGE BROWNIE	279
ESPRESSO MARTINI	256
<b>OTHER DESSERTS</b>	<b>KCALs</b>
SALTED CARAMEL PEANUT BROWNIE	638
BANANA CHCOOLATE SLICE	538
ORANGE & PISTACHIO CAKE	579
AFFOGATO	208

## WEEKDAY LIGHT LUNCH MENU CALORIES:

SUPER WINTER SALAD	546
SUPER WINTER SALAD W/ CHICKEN	787
CHOWDER	719
THE REUBEN	749
HBX BURGER & FRIES	965