



THELEANBODYPROJECT
ITSEASYWHENYOUKNOWHOW

NUTRITION SURVIVAL GUIDE TO

HARVESTER

CALORIES AND MACRONUTRIENTS

THELEANBODYPROJECT.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken, Bacon & Waffles	1401	39	152	-	78	70	5.1
Sausage Breakfast Bun	1235	38	97	-	17	76	7.5
Belgian Waffles	1110	34	112	-	58	58	5
Harvester Recommends Breakfast	1077	35	51	-	6	81	7.4
Veggie Breakfast Bun	996	44	88	-	16	49	5.2
The Hipster Breakfast	974	37	79	-	9	52	4.5
Bacon Breakfast Bun	973	45	78	-	14	53	8.3
Breakfast Bun	963	32	80	-	16	56	5.6
Steak Hash	957	68	70	-	13	45	2
Eggs Mediterranean	868	39	75	-	12	43	4.7
Gammon Hash	844	59	68	-	13	36	5.7
Eggs Deep South	818	41	65	-	36	43	3.1
Eggs Benedict	668	39	38	-	10	40	4.9
Buttermilk Pancakes	623	10	130	-	92	6	1.7
The Boho Breakfast	524	28	42	-	7	24	2.5
Smoked Salmon & Scrambled Eggs	386	24	32	-	4	18	4.7

TAPAS-STYLE STARTERS

Cheesy garlic bread	695	34	41	-	3	44	3
BBQ Pulled pork quesadilla	633	28	50	-	20	35	2.1
Nachos	595	14	55	-	3	34	2
Buttermilk-fried chicken	511	27	41	-	14	27	2.3
Breaded Mushrooms	501	11	42	-	3	32	2
Jalapeño cream cheese poppers **	455	9	40	-	5	28	2.8
Add BBQ pulled pork to Nachos	420	22	45	-	43	17	1.6
Spicy corn & mozzarella bites	410	9	41	-	17	23	1.1
Oven-baked garlic mushrooms	392	17	14	-	2	29	1.5
Potato skins (mozzarella, cheddar and bacon)	389	17	34	-	1	20	1.7
Crackerjack Prawns	369	11	44	-	10	16	2.5
King Prawns	358	18	12	-	1	26	1.8
Grilled Lamb Koftas	351	16	11	-	2	27	1.2
Potato Skins (Without bacon)	332	10	56	-	1	6	0.4
Garlic Bread (without cheese)	331	8	39	-	3	16	1.2
Calamari Strips	322	10	10	-	1	27	1.3
Sticky chicken Wings	306	27	15	-	13	15	1.6
Italian-style Meatballs	235	21	12	-	6	11	1.5
Grilled Chicken Skewers	167	24	12	-	10	2	0.7

TAPAS-STYLE STARTERS (SHARING)

1/2 Starter - Nachos	986	24	88	-	6	58	3.6
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1-200 CAL

201-300 CAL

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
1/2 Starter - Sticky Chicken Wings	760	51	22	-	16	52	3.6
1/2 Starter - Baked Camembert	578	29	31	-	11	37	2.1
1/3 Starter - Nachos	657	16	59	-	4	38	2.4
1/3 Starter - Sticky Chicken Wings	507	34	14	-	11	35	2.4
1/3 Starter - Baked Camembert	385	19	21	-	7	25	1.4
1/4 Starter - Nachos	493	12	44	-	3	29	1.8
1/4 Starter - Sticky Chicken Wings	380	25	11	-	8	26	1.8
1/4 Starter - Baked Camembert	289	15	16	-	5	19	1.1

MAINS (LUNCH)

Chicken, Bacon & Waffles	1252	23	133	-	87	67	4.7
Steak Hash	957	68	70	-	13	45	2
Buttermilk-Fried Chicken Wrap	835	34	67	-	7	46	3
Halloumi Wrap	824	26	54	-	6	54	4.9
Steak Bun	758	53	59	-	17	34	1.9
Fish Finger Bun	755	22	61	-	7	47	4.1
Coconut chicken curry	669	33	73	-	21	26	4.2
Grilled Cajun chicken breast Wrap	602	48	43	-	6	25	6.5
Grilled Chicken Breast Wrap	577	47	40	-	6	24	2.1
Feel Good Bowl - Cajun chicken breast	568	52	64	-	30	10	5.7
Feel Good Bowl - 8oz Rump	556	43	61	-	29	14	0.7
Feel Good Bowl - chicken breast	543	52	61	-	29	9	1.3
Feel Good Bowl	347	12	61	-	29	5	0.3

STEAKS & GRILLS

Ultimate Mixed Grill	1785	147	58	-	22	107	11.3
Mixed Grill	900	76	27	-	6	54	5.5
16oz RIB-EYE	821	105	12	-	3	38	1.6
10oz SIRLOIN	675	62	14	-	3	42	0.7
8oz RUMP	532	48	12	-	3	32	0.6
7oz Gammon, Fried Egg & Pineapple	482	47	18	-	9	24	4.6
7oz Gammon & Fried Egg	454	47	12	-	3	24	4.6
8oz FILLET	440	55	12	-	3	18	0.7
7oz Gammon & Pineapple	396	39	18	-	9	18	4.3
7oz Gammon	369	39	12	-	3	18	4.3

GRILL EXTRAS

Double up your gammon steak	634	75	12	-	3	32	8.4
Add Half Rack of Ribs	321	33	13	-	10	15	1.2
Add Mac 'N' Cheese	276	13	33	-	7	10	2.2
Add 1/4 Rotisserie Chicken	252	35	1	-	1	12	0.9
Add Scampi	250	9	26	-	1	12	1.7
Add King Prawn Skewer	172	16	1	-	0	12	1.2
Caribbean-style Curry Sauce	165	2	10	-	6	12	0.9
Steak Sauce - Beef Dripping & Thyme	123	1	7	-	4	10	2

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Steak Sauce - Blue Cheese & Mushroom	99	2	4	-	2	9	1.2
Steak Sauce - Whisky & Mushroom	86	2	5	-	2	7	0.8
Steak Sauce - Peppercorn	76	2	5	-	2	5	0.7
Steak Sauce - Chasseur	30	2	4	-	2	1	1.2

VEGETARIAN & VEGAN

Herb-Battered Halloumi & Chips	1099	29	73	-	3	76	6.7
Aubergine & Red Lentil Tagine	1077	26	130	-	29	48	5
Sweet Potato Jambalaya	863	21	74	-	21	51	4.2
Stuffed Red Pepper	538	16	92	-	31	9	2.8
Butternut Squash, Spinach & Emmental Roulade	346	13	28	-	8	19	2.4

BURGERS

The Ultimate Burger	1327	115	58	-	19	69	6.4
The BBQ King burger	1049	56	68	-	31	60	5.1
The Angry Bird burger	1003	56	57	-	13	59	5.2
The Boho Burger	993	37	98	-	15	46	5.4
The Cowboy Burger	941	54	79	-	20	45	5.9
The Frenchie Burger	914	45	67	-	26	51	4.3
The Classic Burger	878	50	46	-	9	54	5.6

BURGER EXTRAS

Add a Southern-Fried Chicken Breast	392	32	22	-	0	19	1.4
Add a Bean Burger	333	15	49	-	5	6	1.3
Add a Beef Burger	329	28	1	-	1	24	1.3
Add a Chicken Breast	196	40	0	-	0	4	1

RIBS (SLOW-COOKED)

Kilo Ribs	1574	135	95	-	68	71	5.3
Jerk Ribs	1201	52	110	-	43	59	3.6
The Big Shorty	1124	71	31	-	21	79	2
Large Rack Of Ribs	1122	101	55	-	43	54	4.2
Standard Rack Of Ribs	856	76	39	-	29	42	3.1

CHICKEN & COMBOS

The Triple Combo	1343	98	103	-	23	58	6.3
Bird, surf & turf	1016	81	95	-	21	33	6.3
BBQ Chicken Stack	937	78	48	-	24	48	5.5
The '83 Combo	817	98	31	-	17	33	2.6
The Original Combo	636	68	30	-	17	26	2.4
Spicy Chicken Breast & King Prawns	530	60	12	-	4	25	5
Caribbean-style chicken	530	47	23	-	10	26	7.4
Half Rotisserie Chicken	477	65	14	-	3	17	1.3
Simply Grilled Chicken	271	43	12	-	5	5	1.8

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FISH

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cod & Chips with Garden Peas	767	38	27	-	4	56	1.3
Cod & Chips with Mushy Peas	708	38	32	-	3	47	1.6
Wholetail British Scampi	647	19	53	-	2	40	3.8
Simply Grilled Salmon	625	45	16	-	10	43	1.3
Spicy Sea Bass & King Prawns	562	54	14	-	4	32	4.2

GLOBAL GRILL

Sweet Potato fries	503	3	55	-	15	30	1.4
Sage & Onion Seasoned Fries	400	5	55	-	1	18	1.9
Fries	399	5	54	-	1	18	1.3
Home-baked Jacket Potato with sour cream	355	7	60	-	4	8	0.1
Cheesy Garlic bread	347	17	21	-	1	22	1.5
Onion rings	312	5	39	-	5	15	0.8
Side - Coleslaw	296	2	12	-	7	26	1.8
Mac 'N' Cheese	276	13	33	-	7	10	2.2
Home-baked Jacket Potato	273	6	59	-	3	0	0
Golden Rice & Beans	229	4	42	-	2	5	0.8
Buttered Corn	214	6	26	-	19	7	0.1
Mash	187	4	29	-	3	5	1
Garlic bread	165	4	20	-	1	8	0.6
Roasted Butternut Squash	74	2	14	-	8	0	0
Add Cheese	65	4	0	-	0	5	0.3
Add Beans	64	4	9	-	2	0	0.4
Chargrilled Tenderstem Broccoli	31	4	1	-	1	1	0
Add Gravy	29	1	6	-	1	0	0.8

EARLY BIRD MENU

Chipotle Bean Burger	683	22	93	-	13	22	3.7
Beef Burger	680	35	46	-	9	39	3.6
Meatball bun	646	36	52	-	12	32	3.2
Pulled pork bun	633	27	67	-	31	28	2.5
Breaded plaice	578	33	49	-	3	26	2.1
Penne arrabiata	557	17	88	-	24	13	3
Grilled Chicken Breast Burger	547	46	45	-	9	20	3.4
1/4 rotisserie chicken	413	32	4	-	2	30	0.7
Grilled Cajun chicken	368	44	11	-	3	15	6.2
Half rack of ribs	348	33	18	-	16	16	1.2
Grilled chicken breast	338	44	7	-	2	14	1.1
7oz gammon	336	40	9	-	4	15	4.1

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DESSERTS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chocolate Fudge Cake	996	12	128	-	104	48	1.2
Caramel biscuit cheesecake	876	2	101	-	70	52	0.7
Belgian Chocolate Brownie	812	13	106	-	84	36	0.5
The 'Mini-Dessert' Combo	747	10	92	-	69	38	1
Cherry Pie	567	5	90	-	40	21	0.5
Lemon Meringue Pie	532	8	81	-	65	19	0.4
Treacle Sponge	474	3	81	-	67	15	1.4
Coconut & Raspberry Rice Pudding	391	4	38	-	32	25	0.3

SUNDAE PARLOUR

Cookie Monster Freakshake	1173	22	153	-	124	51	1.2
Millionaires Sundae	1067	13	154	-	117	44	0.6
Sweet Shop freakshake	1018	18	114	-	108	55	1
Espress Yourself Freakshake	871	19	111	-	94	37	0.9
BAILEYS® Banoffee Profiterole Sundae	828	12	109	-	92	35	0.4
Black Forest Sundae	810	13	110	-	89	35	0.4
Banoffee Profiterole Sundae (No Baileys)	761	12	105	-	89	33	0.4
Toffee Apple Sundae	739	10	89	-	72	38	0.4
Rocky Horror Sundae	712	12	78	-	66	38	0.7
Strawberry Eton Mess Sundae	682	10	113	-	94	20	1
Peach Melba Sundae	604	10	95	-	85	20	0.5

SUNDAE EXTRAS

Sundae best*	274	7	38	-	32	10	0.2
Add - Real Dairy Ice Cream	110	3	14	-	14	5	0.1
Fluffy cream	103	1	3	-	3	10	0
Custard	90	3	15	-	11	2	0.1
Toffee fudge sauce	64	0	13	-	10	1	0
Belgian Chocolate sauce	58	0	13	-	11	0	0
Raspberry sauce	57	0	14	-	11	0	0.5
Strawberry sauce	57	0	14	-	10	0	0.5