

# TYPE 1 DIABETIC CARBOHYDRATE COUNT INFORMATION

As a T1D, I have created this list of estimated carb content of each dish. This information does not replace your carb counting and is provided as a guide only.

## Lunch

Southern Fried Chicken Wrap - 64g Carbs  
BBQ Pulled Pork Wrap - 57g Carbs  
Roast Pepper & Halloumi Wrap - 46g Carbs  
Pesto, Mozzarella & Tomato Wrap - 52g Carbs  
Fish Goujon Wrap - 53g Carbs  
Meatball Sub - 57g Carbs

Steak Sandwich - 50g Carbs  
Club Sandwich, Chips & Salad - 97g Carbs

Wee Margherita & Chips - 89g Carbs  
Wee Hawaii & Chips - 94g Carbs  
Wee Pepperoni & Chips - 90g Carbs  
Wee Veg Pizza & Chips - 94g Carbs

Wee Steak Pie & Potatoes - 61g Carbs  
Wee Battered Fish and Chips - 78g Carbs  
Wee Mac & Chips - 74g Carbs  
Wee Curry, Rice & Chips - 72g Carbs

## Salads

Caesar Salad - 16g Carbs  
Steak Salad - 11g Carbs  
Cajun Chicken Salad - 8g Carbs  
Grilled Halloumi Salad - 9g Carbs

## Starters

Bruschetta - 50g Carbs  
Soup - 30g for Petit Pans  
Mussels - 35g Carbs  
Haggis & Blk Pudding Fritters - 29g Carbs  
Nachos - 56g Carbs  
Halloumi Sticks - 27g Carbs  
Chicken Wings - 26g Carbs

## Classics

Battered Fish & Chips - 104g Carbs  
Curry of the Moment, Chips & Rice - 98g  
Chilli, Chips and Rice - 80g Carbs  
Steak Pie & Chips - 75g Carbs  
Scampi & Chips - 90g Carbs  
Balmoral Chicken - 42g Carbs

## Grill

Ribeye Steak - 66g Carbs  
Sirloin Steak - 66g Carbs  
Steak Sandwich - 50g Carbs  
Sizzling Fajitas - 123g Carbs  
Pork Belly - 76g Carbs

## Pizza

Pizza Base - 115g Carbs  
Signature Tomato Pizza Sauce - 17g  
Smokey BBQ Pizza Sauce - 32g

\*Carb count for your toppings\*

## Pastas

Spaghetti Meatballs - 78g Carbs  
Spaghetti Carbonara - 65g Carbs  
Chicken Fajita Pasta - 70g Carbs  
Penne Arrabiata - 74g Carbs  
Sirloin Steak Penne - 40g Carbs  
Macaroni Cheese & Chips - 98g Carbs

## Burgers

Brioche Bun - 30g Carbs  
Bun - 30g  
Beef Burger - 0g  
Grilled Chicken - 0g  
Southern Fried Chicken - 18g  
Cheddar - 0g  
Bacon - 0g  
BBQ Pork - 10g  
Fried Egg - 0g  
Beef Chilli - 4g  
Coleslaw - 2g  
Jalapenos - 1g  
Mac & Cheese - 5g  
Monterey Jack Cheese - 1g  
Black Pudding - 10g  
Haggis - 9g  
Hash Brown - 9g  
  
Chips - 48g  
Sweet Pot Fries - 47g

Responsibility for correct carb counting and insulin dosage remains with you as an individual.