# **Annex C: calorie labelling illustrations**

These provide examples of how businesses could comply with the regulations but are not exhaustive illustrations.

Calorie information is provided for illustrative purposes only and may not be an accurate representation.

#### Baked goods display



## Buffet display



### Paper menu example 1

RESTAURANT menu		
STARTERS	Price	kcal
		206
Sharing Platter (Bbq ribs, chicken and potato wedges) (Serves 2)	£13.50	1423
Halloumi Fries	£4.95	475
Nachos (Serves 2/3 people)	£8.95	1341
MAINS		
Bacon and Cheese burger with fries	£13.50	594
Hand battered cod with chips	£13.95	842
Smoky barbeque ribs with fries	£17.25	1350
Grilled seabass with baby new potatoes and vegetables	£16.50	443
Mint and garlic lamb rump with potatoes and vegetables Roasted cauliflower wedge with baby potatoes	£17.95 £12.95	1126 112
	C/ 05	250
		250 436
		260
Coleslaw	£1.99	152
Beans	£1.29	155
	Halloumi Fries Nachos (Serves 2/3 people) MAINS Bacon and Cheese burger with fries Hand battered cod with chips Smoky barbeque ribs with fries Grilled seabass with baby new potatoes and vegetables Mint and garlic lamb rump with potatoes and vegetables Roasted cauliflower wedge with baby potatoes EXTRAS Mashed potatoes Triple cooked chunky chips Sweet Potato Fries Coleslaw	Garlic Bread£3.95Sharing Platter (Bbq ribs, chicken and potato wedges) (Serves 2)£13.50Halloumi Fries£4.95Nachos (Serves 2/3 people)£8.95MAINSBacon and Cheese burger with fries£13.50Hand battered cod with chips£13.95Smoky barbeque ribs with fries£17.25Grilled seabass with baby new potatoes and vegetables£17.95Roasted cauliflower wedge with baby potatoes£12.95EXTRASMashed potatoes£4.25Sweet Potato Fries£4.25Coleslaw£1.99

### Paper menu example 2

RESTAURANT menu	
STARTERS	Price
Garlic Bread (206 kcal)	£3.95
Sharing Platter (Bbq ribs, chicken and potato wedges) (Serves 2) (1423 kcal)	£13.50
Halloumi Fries (475 kcal) Nachos (Serves 2/3 people) (1341 kcal)	£4.95 £8.95
MAINS	
Bacon and Cheese burger with fries (594 kcal)	£13.50
Hand battered cod with chips (842 kcal)	£13.95
Smoky barbeque ribs with fries (1350 kcal)	£17.25
Grilled seabass with baby new potatoes and vegetables (1126 kcal)	£16.50
Mint and garlic lamb rump with potatoes and vegetables (1126 kcal)	£17.95
Roasted cauliflower wedge with baby potatoes (112 kcal) <b>EXTRAS</b>	£12.95
Mashed potatoes (250 kcal)	£4.95
Triple cooked chunky chips (436 kcal)	£4.25
Sweet Potato Fries (260 kcal)	£4.25
	£1.99
Coleslaw (152 kcal)	

#### Online menu

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Payment

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[Population Health Directorate / Healthy Weight, Food and Nutrition Branch]

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