

# Calorie information on menus

To inspire confidence and spread knowledge, we have developed BM's 'Recipe for Success' guides for workplace and contract catering. You can download other guides from our website too. [www.bmcaterers.co.uk/category/expert-guides](http://www.bmcaterers.co.uk/category/expert-guides)

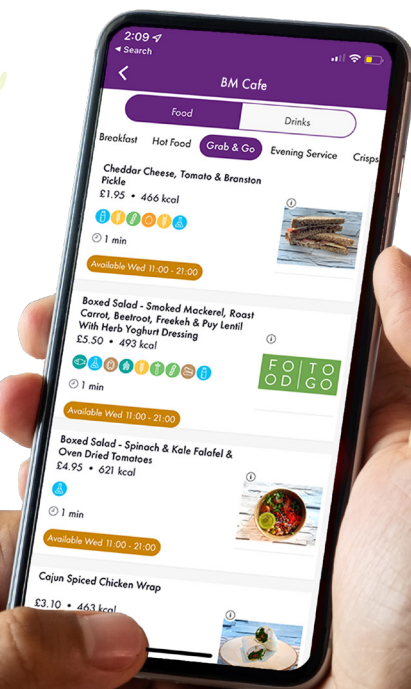
The British Government implemented a law that requires all businesses to display calorie information on menus. The legislation came into force on April 6<sup>th</sup> 2020.

## Calorie labelling legislation

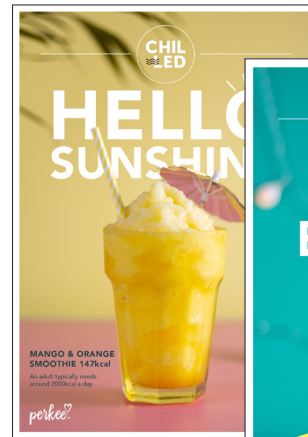
Currently, in the UK, we live in an obesogenic environment. Out-of-home dining accounts for approximately 20-25% of people's diets. This is leading to an extra 200 calories being consumed per person, per day compared to eating at home. The government passed the legislation to include calories on menus as part of their obesity strategy. The aims are:

- To help encourage consumers to make healthier choices
- For businesses to reformulate their food and drink offers to provide lower-calorie options.

The legislation requires all businesses with more than 250 employees in the out-to-home sector to display calorie information per serving on menus at the 'point of choice'. These outlets include cafes, restaurants, and take-aways. This includes physical and online menus and all other delivery platforms. The legislation will be reviewed after 5 years. In the meantime, it is also voluntary and recommended for smaller businesses to consider providing calorie information.



## Best practice for displaying calorie information



POS displaying kcals for drinks on offer for more than 30 days



- Display calorie information at the customer's point of choice
- Display the calorie content of the food in Kilocalories (Kcal)
- Calorie information must relate to food items' portion' size. For example - Apple pie, 296kcal per slice
- The 'statement of daily calorie needs' must be included as a guide for consumers i.e. 'An adult needs around 2000kcal a day'
- Calorie information needs to be accessible for consumers, this means visible, easily readable, and not hidden

**Note:** Menus without calorie information can be provided if requested by a customer. It is at the caterer's discretion whether the request is feasible, practical and reasonable.

## Examples of foods that are exempt from calorie labelling

- Food or dishes that appear on a menu for less than 30 consecutive days or 30 days in the calendar year, this allows flexibility to reduce food waste and use seasonal produce
- Beverages that contain over 1.2% by volume of alcohol
- Food items that are provided or sold on the behalf of a charity
- Condiments that are added by the consumer after purchasing their food item
- Food or menu items that aren't on the menu but requested by customers

## Tips to display calorie information

### Meal deals and build your own

Includes deli and salad bars. Provide calorie information for each individual item. It is not necessary to display calories for food items that are on 'special offer' or that have been on the menu for less than 30 days.

### Coffee and tea menu boards

Provide calorie information on the menu board for the standard milk on offer i.e., semi-skimmed milk. Refer customers to a menu that displays the calorie contents for the other milk varieties available.

### Sharing platters or whole cakes

Provide the calorie information for the whole item along with how many people it should serve.

## Calorie calculations

It is the business's responsibility to ensure the calorie information provided is as accurate as possible. Unfortunately, many variables can make calculating calorie content complex and time-consuming. Using nutritional software is beneficial and helps reduce the labour required.

BM uses a nutritional software. This provides us with the following:

- A database of all our supplier's datasets including allergens and nutritional information. Our suppliers regularly update this information.
- Documentation for all recipes. Including cooking methods and weight change factors. This improves the accuracy of the nutritional information.
- Ability to produce menus that include allergens and calorie information.
- McCance and Widdowson's Composition of Foods nutrient data when local purchasing takes place.

**Note:** There is inherent variation in ingredients. There is a 20% variable that will be an acceptable margin between the declared and the actual calorie values.

**MENU**

Battered haddock served with homemade chips, peas and tartare sauce  
**635kcal // £5.60**

Scampi (x10) served with homemade chips, peas and tartar sauce  
**673kcal // £5.60**

Battered haddock	160kcal	£3.95	Wheat, fish,
Scampi (x10)	198kcal	£3.95	Wheat, crustaceans, fish, molluscs
Chips	405kcal	£1.05	
Tartar sauce	39kcal		Mustard, milk, celery, sulphites
Peas	31kcal	£0.75	
Mushy peas	36kcal	£0.75	

An adult needs around 2000kcal a day

If you require allergen information for any dish or item, please contact our allergen ambassador or a member of the catering team as we use all 14 allergens in our kitchens we cannot ever guarantee cross contamination does not occur

### Comprehensive daily menu which includes the breakdown of kcals and allergens per item

**FOOD GO CALORIE INFORMATION**

**BLOOMERS**

- Barbar's mature cheddar - Plaughman's 669kcal
- British chicken salad with seasoned lemon mayo 436kcal
- British chicken and bacon with Dijon mustard mayo 420kcal
- Smoked salmon and lemon cream cheese 339kcal
- British ham and Barbar's mature cheddar 534kcal
- Mixed cheese and spring onion 495kcal
- Double egg salad 479kcal
- Korean BBQ chicken 402kcal
- New Yorker 523kcal
- Vegan onion bhaj and jalapeno slaw 528kcal
- Bacon, lettuce and tomato 394kcal
- Tuna and lemon mayo with cucumber 462kcal
- Falafel and preserved lemon 263kcal

**SANDWICHES**

- Simple egg mayonnaise 372kcal
- Simple tuna and mayonnaise 388kcal
- Simple chicken mayonnaise 603kcal
- Simple cheese and pickle 462kcal
- Simple British smoked ham 268kcal
- Simple Barbar's mature cheddar 378kcal
- Simple ham mayonnaise 392kcal
- Simple Barbar's mature cheddar 378kcal
- Vegan onion bhaj and jalapeno slaw 464kcal

**GLUTEN FREE SANDWICHES**

- British chicken salad - gluten free 404kcal
- Tuna and vegetables - gluten free 384kcal
- Barbar's mature cheddar salad - gluten free 554kcal

**WRAPS**

- Simple chicken 429kcal
- Jack chicken and slaw 393kcal
- All day breakfast 692kcal
- All day vegetarian breakfast 243kcal
- British chicken Caesar 362kcal
- Falafel and hummus 583kcal
- British chicken Caesar 438kcal
- Chicken Shawarma 479kcal
- Hawaiian chicken and slaw 462kcal
- Swiss potato gaoli and mango chutney 453kcal

**PREMIUM SANDWICHES**

- Coronation chicken 416kcal
- Smoked salmon and lemon cream cheese 356kcal
- Barbar's mature cheddar - Plaughman's 470kcal
- Falafel and preserved lemon 413kcal
- Double egg salad 393kcal
- British chicken and bacon with Dijon mustard mayo 495kcal
- British chicken salad 361kcal
- Chicken and chorizo 353kcal
- Vegan onion bhaj and jalapeno slaw 464kcal
- New Yorker 535kcal
- Bacon, lettuce and tomato 382kcal
- Mixed cheese and spring onion 518kcal
- Tuna and cucumber 382kcal

**SALADS**

- Spry 372kcal
- Raisin 388kcal
- Green 384kcal
- Pasta 554kcal
- Falafel

**PANINI**

- Tuna m 603kcal
- Vegetarian 462kcal
- Ham and 268kcal
- Chicken 378kcal
- Chicken 392kcal
- Falafel 378kcal
- Falafel 464kcal

**CHILLED 12oz CALORIE INFORMATION**

	Whole	Semi-skimmed	Skimmed	Almond	Coconut	Oat	Soya
Iced americano	23	18	15	12	14	22	17
Iced cappuccino	59	50	43	36	41	57	48
Iced latte	73	56	43	31	40	69	52
Coffee frappe	504	488	476	465	473	500	485
Coffee & biscuit frappe	712	696	685	673	682	708	693
Mocha frappe (Kokoa)	439	423	411	400	408	435	420
Mocha frappe (Islands)	701	686	674	663	671	697	682
Mango fruity frappe	563	541	524	508	520	557	536
Strawberry fruity frappe	563	541	524	508	520	557	536
Mango & Tumeric frappe	638	616	599	584	595	632	611

**NO-MILK CHILLED DRINKS**

- Iced Americano 4kcal
- Summer fruit smoothie 98kcal
- Mango & orange smoothie 147kcal
- Pina colada smoothie 124kcal
- Raspberry & pomegranate lemonade 82kcal
- Pink guava & lime lemonade 83kcal
- Fizzy coffee 50kcal

An adult typically needs around 2000kcal a day. Due to allergen equipment, we cannot guarantee our products are free of a particular allergen. If you have an allergy please check our allergen information, or ask a member of our team. Please Note: Nutritional information is based on standard recipes therefore may vary.

Counter menus with full range for customers to access onsite

**Pomegranate Summer Salad**

Each 280g portion contains:

ENERGY	267kcal	FAT	13g	SERVICES	1.4g	SUGARS	22g	SALT	0.03g
	(171kcal)		13%		10%		7%		24%

of an adult's reference intake  
Typical energy as listed on 100g: 950kcal/375kJ

Ingredients: Strawberries (54%), Pomegranate seeds (29.4%), Rocket (6.7%), Walnuts (6.1%) (Tree nuts), Balsamic vinegar (3.6%)

CONTAINS: TREE NUTS



## Implementing calorie legislation: the keys to success

### Training

- Plan training around the businesses needs to put in place the law changes
- When using software, ask your provider for help
- Improves the team's knowledge and understanding of the legislation by outlining their responsibilities

### Communication

- Hold regular drop-in sessions to answer any questions or concerns, follow up with FAQ sheets for the teams
- Provides reassurance and confidence
- Support clients with their specific needs if any concerns arise

### Review

- Carry out regular audits to ensure compliance
- Check team members' understanding. This can highlight any knowledge gaps that need further training

## How will the legislation be enforced?

Enforcement officers are responsible for ensuring that caterers comply with the legislation. They will be looking for:

- Presence of calorie information on menus, hospitality brochures, etc.
- Is the information displayed as per the legislation's requirements?
- The method used to calculate the calorie information - is it appropriate and reliable?
- Is the calorie information displayed correctly on online ordering platforms?

Failure to comply with the legislation will result in an improvement notice and/or a monetary penalty of £2,500.

**Tip:** When following the 30 days exemption, it's important that evidence is kept and dated.

**Remember:** Enforcement offers are looking for a proven system and a thought process.

### Further information from official websites:

<https://www.gov.uk/government/publications/calorie-labelling-in-the-out-of-home-sector/calorie-labelling-in-the-out-of-home-sector-implementation-guidance#introduction>

## About bm

BM Caterers is a multi-award-winning contract caterer. Our experienced, energetic and enthusiastic team takes a fresh approach to food and drink – with delicious results for you and your business.

We've grown steadily to a team of over 900 experienced foodies, serving 45,000 customers every day in over 90 locations in the UK.

We're also a responsible company, and can help yours to be one, too. We were the first contract caterer to achieve the Sustainable Restaurant Association Three Star Champion Status, known as the Michelin stars of sustainability.

### Fresh ideas every time

Because we're an entrepreneurial business, we don't have a one-size-fits-all template that we attempt to force on each client. Our catering focuses on tailor-made solutions driven by innovation. We take time to develop bespoke concepts which match the client culture, employees' tastes and the physical environment.

We also recognise the importance of value for money. We work as a tight, agile team to develop solutions that reduce costs and use resources more smartly.

