


Fish are a great source of protein, an important part of your diet without which you just simply wouldn't be able to function. Your muscles, blood, bones – in fact every living cell in your body needs protein.

## Balance Your Diet here at Serene



	Calories	Fat (g)	Carbs (g)	Protein (g)
<b>Chicken Kebab</b>	155	1.76	10.9	28.7
<b>Special Shish</b>	240	11.05	8.34	26.36
<b>Lamb Doner</b>	325	23.8	9.20	29.9
<b>Lamb Kofte</b>	141	9	3.4	13
<b>Battered Cod</b>	196	9.06	7.87	19.77
<b>Grilled Cod</b>	138	4.07	0.46	23.71
<b>Grilled Sea Bass</b>	102	4.02	0.34	15.29
<b>Calamari</b>	125	2	15.1	11.8
<b>1 Small Chips</b>	900	36	122	12.8
<b>Small Mushy Peas</b>	175	1	28.7	12.04
<b>Tarama</b>	167	12	11	6
<b>Humus</b>	166	10	14	8
<b>Veggie Burger</b>	233	14.4	22.9	3.1
<b>Quarter Pounder</b> including Bun & Cheese	500	25	30	28
<b>Minced Beef &amp; Onion Pie</b>	554	34.5	48	10.78
<b>Steak &amp; Kidney Pie</b>	628	34	38	19.48
<b>Chicken &amp; Mushroom Pie</b>	636	34.6	62.2	17.5
<b>Cheese &amp; Onion Pasty</b>	419	22.9	40.2	11.78
<b>Chicken Burger</b>	166	1.7	7.9	16.68

THE ABOVE CHART IS FOR ROUGH GUIDANCE PURPOSES ONLY.

We are proud to say that we fry in rapeseed oil, which is much healthier, low in calories and fat.