

Health Related and other Information

Bottled Beer

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Ginger Tom	330	6	2.0	255 kJ/61kcal
Old Tom	330	8.5	2.8	304kJ/73kcal
Trooper	500	4.7	2.4	173kJ/41kcal
Beardo	330	6	2.0	222kJ/53kcal
Mojo	330	5.5	1.8	196kJ/47kcal
Blonde Tom	330	6	2.0	228kJ/55kcal
One Eye'd Jack	330	5	1.7	177kJ/42kcal
Sun and Steel	330	4.8	1.6	174kJ/42kcal
Dizzy Blonde 4.4%	500	4.4	2.2	164kJ/39kcal
Hallowed	330	6	2.0	216kJ/52kcal
Red and Black	330	6.8	2.2	242kJ/58kcal
Trooper 666	330	6.6	2.2	229kJ/55kcal
Wizard	500	3.7	1.9	151kJ/36kcal
Light Brigade	500	4.1	2.1	151kJ/36kcal
Mash Out Pale Ale	500	4.5	2.3	162kJ/39kcal
Hopnik Citra IPA	500	4.7	2.4	168kJ/40kcal
Kettlehead Choc Stout	500	4.5	2.3	184kJ/44kcal
Unicorn Copper Ale	500	4.3	2.2	166kJ/40kcal



UK Chief Medical Officers recommend adults do not regularly drink more than 14 units per week.
For further health information visit drinkaware.co.uk.

updated 02/05/2019

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Cask Beer

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Cascade IPA	568	4.8	2.7	174kJ/42kcal
Cumbria Way	568	4.1	2.3	148kJ/35kcal
Cwrw Ddraig	568	4.1	2.3	148kJ/35kcal
Old Tom	568	8.5	4.8	304kJ/73kcal
Dizzy Blonde	568	3.8	2.2	137kJ/33kcal
Unicorn	568	4.2	2.4	151kJ/36kcal
Wizard	568	3.7	2.1	151kJ/36kcal
Trooper	568	4.7	2.7	172kJ/41kcal



Seasonal Cask Beers

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Mr Scrooge	568	4.3	2.4	163kJ/39kcal
Brew Monday Ale	568	4.1	3.2	151kJ/36kcal
I Predict Another Ale	568	4	3.2	152kJ/36kcal
Right Beer Right Now Ale	568	3.8	3.0	151kJ/36kcal
Born Hoppy Ale	568	4	3.2	152kJ/36kcal
Rock the Cask Bar Ale	568	3.9	3.1	153kJ/37kcal



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Keg Beer

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Robinsons Dark Smooth	568	3.5	2.0	144kJ/34kcal
Cwrw Ddraig	568	3.5	2.0	133kJ/32kcal
Robinsons Smooth Bitter	568	3.8	2.2	140kJ/34kcal
Red and Black	568	6.8	3.9	242kJ/58kcal
Trooper Nitro	568	4.7	2.7	173kJ/41kcal
Helles	568	4.6	2.6	165kJ/35kcal
Sun and Steel	568	4.8	2.7	174kJ/42kcal
Robinsons Stout	568	4.2	2.4	171kJ/41kcal
Wards	568	4	2.3	150kJ/36kcal
XB Gold	568	4	2.3	150kJ/36kcal



Petainers

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Trooper	568	4.7	2.7	173kJ/41kcal
Old Tom	568	8.5	4.8	304kJ/73kcal

Can

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Trooper Can	500	4.7	2.4	173kJ/41kcal
Sun and Steel	500	4.8	2.4	174kJ/42kcal

Mini Keg

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml
Trooper Mini Keg	284	4.7	1.3	173kJ/41kcal

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Ingredients Lists

Ingredients for bottle, keg, can, petainer and mini keg beers

Trooper	water, malted barley, wheat , glucose syrup, hops
Beardo	
Blonde Tom	
Dizzy Blonde	
Hallowed	
Helles	
Red and Black	
Sun and Steal	
Trooper 666	
Wizard	
Robinsons Dark Smooth	
Cwrw Ddraig	
Robinsons Smooth Bitter	
Wards	
XB Gold	
Light Brigade	
Old Tom	
Mash Out Pale Ale	
Hopnik Citra IPA	
Kettlehead Choc Stout	
Unicorn Copper Ale	
One Eye'd Jack	water, malted barley, wheat , glucose syrup, hops, orange flavouring, carbon dioxide
Mojo	water, malted barley, wheat , glucose syrup, hops, papaya flavouring, carbon dioxide
Ginger Tom	Old Tom Ale (water, malted barley, wheat , glucose syrup, hops), Fentimans Ginger Beer (carbonated water, fermented ginger root extract (water, glucose syrup, ginger root, pear juice concentrate, natural flavourings (ginger, lemon, capsicum), cream of tartar, citric acid, herbal infusion (speedwell, juniper, yarrow),



Allergy Advice

For allergens, including cereals containing gluten, see ingredients in **bold**

updated 02/05/2019

Ingredients Lists

Ingredients for cask beers

Cascade IPA	water, malted barley, wheat , glucose syrup, hops
Cumbria Way	
Cwrw Ddraig	
Dizzy Blonde	
Unicorn	
Wizard	
Trooper	
Mr Scrooge	
Beer Baracus	
Light Brigade	
Brew Monday Ale	
I Predict Another Ale	
Right Beer Right Now Ale	
Born Hoppy Ale	
Rock the Cask Bar Ale	
Stout	
Old Tom	



Allergy Advice

For allergens, including cereals containing gluten, see ingredients in **bold**

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