



General

Progress to date

Mitchells & Butlers is the UK's leading pub and restaurant operator, serving around 110 million meals a year in the UK, and we are committed to continuous quality improvements in how we serve those meals to our customers.

We recognise the importance of a balanced diet and aim to offer a broad range of menu items across our estate so that all guests, including those seeking healthier options, have plenty of choice. We will continue to develop the nutritional content of our menus, served out of properly invested kitchens, with well trained staff operating within clear hygiene and safety procedures.

We have an active nutritional programme in place including co-operation with our suppliers, laboratory analysis of dishes to provide reliable nutritional data, salt reduction, trans fats removal, and the provision of consumer information on our websites.



Future Commitment

- ✓ Continue to develop fresh dishes that are both healthier and tastier, with the emphasis on improving the nutritional balance of meals
- ✓ Continue to look for further opportunities to make nutritional information available on brand websites and in house

Planned Monitoring

- ✓ Gain feedback on our menu selections and content via our online customer surveys



Procurement

Progress to date

Mitchells & Butlers is working closely with our food suppliers to develop our range of menu items with a focus on improving nutritional content

Mitchells & Butlers actively seeks to source products locally, where we can guarantee the supply of large quantities of quality ingredients for the life of a menu and where we have the opportunity to improve freshness and, as a result, improve the nutritional value of a product.

We have worked closely with our key suppliers to reformulate products in order to:

- Gradually reduce the salt content of the food that we serve
- Remove Hydrogenated Vegetable Oils
- Improve the nutritional balance of meals, whilst maintaining customer appeal



“We pride ourselves on high levels of traceability, so that each and every parsnip we produce can be traced right back to the seed.

We can even tell you what field it was harvested from and how much rain fell while it was growing!” Roy Bartlett



Future Commitment

- ✓ Continue to work with our food suppliers to encourage best practice in developing the nutritional content of our menu items
 - ✓To progress a trans fat reduction programme
 - ✓To progress a salt reduction programme

Planned Monitoring

- ✓ We will provide details of the progress achieved in future statements



Kitchen Practice

Progress to date



As the food supply chain becomes increasingly complex, we take into account a number of factors when purchasing our food, including the health of our guests, the quality, the provenance, price and cooking processes.

We operate a variety of brands and formats and have a wide selection of dishes available on our menus. Therefore we have the opportunity to incorporate healthy cooking practices into our kitchens:

- We use cooking methods such as grilling and steaming widely
- Sauces and dressings are served separately where practical, and we have introduced low fat dressings and spreads
- Where possible, we offer customers jacket potatoes as an alternative to chips with a meal
- We have introduced wholemeal options where appropriate, such as bread
- We are making incremental changes to increase the proportion of starchy foods in the meals we serve
- Tap water is available free of charge in all our businesses

Future Commitment

- ✓ Introduce training on healthy eating to our staff
- ✓ Make incremental changes to improve the nutritional balance of meals, for example by improving the range of alternatives to chips

Planned Monitoring

- ✓ We will monitor through our restaurant audit system
- ✓ We will update the FSA on progress



Menu Planning

Progress to date



We operate over 25 different brands and formats and therefore offer a wide variety of food dishes across almost all our pubs and restaurants. To achieve the greatest impact as quickly as possible, we have decided to focus our efforts on our highest volume food brands – Harvester Restaurants, Toby Carvery and Crown Carveries.

- We provide a free salad cart in every Harvester, to which our guests can return as many times as they wish
- Alternatives to chips are available, such as steamed or roast potatoes
- Vegetarian options are available in all of our Toby Carvery and Crown Carvery restaurants
- We offer a range of six vegetables in every Toby Carvery
- We are developing the use of nutritional signposting
- Customers are able to access full analytical and nutritional information for every menu item on the Harvester and Toby Carvery websites



Future Commitment

- ✓ Continue to improve nutritional balance by offering a wider range of “starchy foods” to as an alternative to chips
 - ✓ To increase the number of dishes where an alternative to chips is offered as the default option
 - ✓ To price at least one healthy option at a lower price to increase customer appeal

Planned Monitoring

- ✓ We will closely monitor the take up of healthy options and report back to the FSA



Consumer Information

Progress to date



	Energy	Protein	Carbohydrate	Sugar	Fat	Salt
Crab Cakes & Potato Salad	448	12	26	12.2	21.2	1.4
Crab Salad	117	15.5	28.4	0.5	20.7	4.3
Crab Pie	217	15.5	27.4	1.6	20.7	2.6
Crab & Potato Salad	255	15.5	27.4	0.5	21.5	1.4
Crab Pie	75	1.2	14.2	1.6	0.3	0.3
Crab Pie	100	1.2	14.2	1.6	0.3	0.3
Crab Pie	130	1.2	14.2	1.6	0.3	0.3
Crab Pie	160	1.2	14.2	1.6	0.3	0.3
Crab Pie	190	1.2	14.2	1.6	0.3	0.3
Crab Pie	220	1.2	14.2	1.6	0.3	0.3
Crab Pie	250	1.2	14.2	1.6	0.3	0.3
Crab Pie	280	1.2	14.2	1.6	0.3	0.3
Crab Pie	310	1.2	14.2	1.6	0.3	0.3
Crab Pie	340	1.2	14.2	1.6	0.3	0.3
Crab Pie	370	1.2	14.2	1.6	0.3	0.3
Crab Pie	400	1.2	14.2	1.6	0.3	0.3
Crab Pie	430	1.2	14.2	1.6	0.3	0.3
Crab Pie	460	1.2	14.2	1.6	0.3	0.3
Crab Pie	490	1.2	14.2	1.6	0.3	0.3
Crab Pie	520	1.2	14.2	1.6	0.3	0.3
Crab Pie	550	1.2	14.2	1.6	0.3	0.3
Crab Pie	580	1.2	14.2	1.6	0.3	0.3
Crab Pie	610	1.2	14.2	1.6	0.3	0.3
Crab Pie	640	1.2	14.2	1.6	0.3	0.3
Crab Pie	670	1.2	14.2	1.6	0.3	0.3
Crab Pie	700	1.2	14.2	1.6	0.3	0.3
Crab Pie	730	1.2	14.2	1.6	0.3	0.3
Crab Pie	760	1.2	14.2	1.6	0.3	0.3
Crab Pie	790	1.2	14.2	1.6	0.3	0.3
Crab Pie	820	1.2	14.2	1.6	0.3	0.3
Crab Pie	850	1.2	14.2	1.6	0.3	0.3
Crab Pie	880	1.2	14.2	1.6	0.3	0.3
Crab Pie	910	1.2	14.2	1.6	0.3	0.3
Crab Pie	940	1.2	14.2	1.6	0.3	0.3
Crab Pie	970	1.2	14.2	1.6	0.3	0.3
Crab Pie	1000	1.2	14.2	1.6	0.3	0.3



We aim to provide a broad choice of menu items so our guest seeking healthier options have plenty of choice. It is therefore important to provide our staff and customers with clear and relevant information on the nutritional content of our menus. Full analytical and nutritional information for every menu item is available on the Harvester and Toby Carvery websites.

During 2007/2008 Toby Carvery and Harvester became supporters of the National Year of Food and Farming to help promote healthy eating to children, including the story of food from farm to fork. The pub restaurants exclusively offered a series of educational site visits and schools packs to a number of primary school children across the country. The packs included information on the importance of food, balanced diets, food safety, and the effect of food on our body, creating a fun way to learn about food in the classroom.

In August 2007, Harvester came top for their offer of healthy dishes for children, in a national comparison of family restaurant chains, carried out by an independent dietician.

Future Commitment

- ✓ Continue to look for opportunities to include detailed nutritional information on our brand websites
- ✓ Continue to include guidance on the nutritional content of our menus in our retail staff training

Planned Monitoring

- ✓ Through regular customer surveys, online feedback and our guest services team we will monitor the impact and availability of the nutritional information we currently publish