

## Health Related and other Information

### Bottled Beer

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per bottle
Ginger Tom	330	6	2.0	255 kJ/61kcal	840kJ/201kcal
Old Tom	330	8.5	2.8	304kJ/73kcal	1001kJ/239kcal
Trooper	500	4.7	2.4	173kJ/41kcal	862kJ/206kcal
Beardo	330	6	2.0	222kJ/53kcal	733kJ/175kcal
Mojo	330	5.5	1.8	196kJ/47kcal	645kJ/154kcal
Blonde Tom	330	6	2.0	228kJ/55kcal	753kJ/180kcal
Dizzy Blonde 4.4%	500	4.4	2.2	164kJ/39kcal	820kJ/196kcal
Hallowed	330	6	2.0	216kJ/52kcal	712kJ/170kcal
Red and Black	330	6.8	2.2	242kJ/58kcal	796kJ/191kcal
Trooper 666	330	6.6	2.2	229kJ/55kcal	754kJ/180kcal
Wizard	500	3.7	1.9	151kJ/36kcal	754kJ/180kcal
Light Brigade	500	4.1	2.1	151kJ/36kcal	755kJ/180kcal
Mash Out Pale Ale	500	4.5	2.3	162kJ/39kcal	810kJ/195kcal
Hopnik Citra IPA	500	4.7	2.4	168kJ/40kcal	840kJ/200kcal
Kettlehead Choc Stout	500	4.5	2.3	184kJ/44kcal	920kJ/220kcal
Unicorn Copper Ale	500	4.3	2.2	166kJ/40kcal	830kJ/220Kcal



UK Chief Medical Officers recommend adults do not regularly drink more than 14 units per week.  
For further health information visit [drinkaware.co.uk](http://drinkaware.co.uk).

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## Health Related and other Information

### Cask Beer

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per pint
Double Hop	568	4.8	2.7	174kJ/42kcal	988kJ/236kcal
Cumbria Way	568	4.1	2.3	148kJ/35kcal	839kJ/201kcal
Cwrw Ddraig	568	4.1	2.3	148kJ/35kcal	839kJ/201kcal
Old Tom	568	8.5	4.8	304kJ/73kcal	1723kJ/412kcal
Dizzy Blonde	568	3.8	2.2	137kJ/33kcal	775kJ/185kcal
Unicorn	568	4.2	2.4	151kJ/36kcal	855kJ/204kcal
Wizard	568	3.7	2.1	151kJ/36kcal	857kJ/205kcal
Trooper	568	4.7	2.7	172kJ/41kcal	975kJ/233kcal

### Seasonal Cask Beers

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per pint
<b>Brew Monday Ale</b>	<b>568</b>	<b>4.1</b>	<b>2.3</b>		
Mr Scrooge	568	4.3	2.4	163kJ/39kcal	925kJ/221kcal
Brew Monday Ale	568	4.1	3.2	151kJ/36kcal	856kJ/205kcal
I Predict Another Ale	568	4	3.2	152kJ/36kcal	863kJ/206kcal
Right Beer Right Now Ale	568	3.8	3.0	151kJ/36kcal	856kJ/205kcal
Born Hoppy Ale	568	4	3.2	152kJ/36kcal	863kJ/206kcal
Rock the Cask Bar Ale	568	3.9	3.1	153kJ/37kcal	871kJ/208kcal



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### Keg Beer

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per pint
Robinsons Dark Smooth	568	3.5	2.0	144kJ/34kcal	817kJ/195kcal
Cwrw Ddraig	568	3.5	2.0	133kJ/32kcal	756kJ/181kcal
Robinsons Smooth Bitter	568	3.8	2.2	140kJ/34kcal	796kJ/190kcal
Red and Black	568	6.8	3.9	242kJ/58kcal	1371kJ/328kcal
Trooper	568	4.7	2.7	173kJ/41kcal	979kJ/234kcal
Wards	568	4	2.3	150kJ/36kcal	852kJ/204kcal
XB Gold	568	4	2.3	150kJ/36kcal	852kJ/204kcal
Beardo	568	6	3.4	222kJ/53kcal	1262kJ/302kcal
Mojo	568	5.5	3.1	196kJ/47kcal	1110kJ/266kcal
Hallowed	568	6	3.4	216kJ/52kcal	1225kJ/293kcal

### Petainers

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per pint
Trooper	568	4.7	2.7	173kJ/41kcal	979kJ/234kcal
Hallowed	568	6	3.4	216kJ/52kcal	1225kJ/293kcal
Old Tom	568	8.5	4.8	304kJ/73kcal	1723kJ/412kcal

### Can

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per can
Trooper Can	500	4.7	2.4	173kJ/41kcal	862kJ/206kcal

### Mini Keg

Brand	Normal Serve ml	alc % vol	alc. UK units	Energy per 100ml	Energy per 1/2 pint
Trooper Mini Keg	284	4.7	1.3	173kJ/41kcal	490kJ/117kcal



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# Ingredients Lists

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

Trooper	
Beardo	
Blonde Tom	
Dizzy Blonde	
Hallowed	
Red and Black	
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	
Mojo	water, malted <b>barley</b> , <b>wheat</b> , glucose syrup, hops, papaya flavouring, carbon dioxide
Ginger Tom	Old Tom Ale (water, malted <b>barley</b> , <b>wheat</b> , 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**

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## Ingredients Lists

### Ingredients for cask beers

Double Hop	water, malted <b>barley, wheat</b> , 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	
Old Tom	



#### Allergy Advice

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

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