



Carbon footprint per serving: image full text description

Mains

Baked potatoes with chickpea and corn curry (V)

Approx. carbon footprint per serving: 320g CO₂e

Spinach, cheddar and tomato omelette (VE)

Approx. carbon footprint per serving: 1300g CO₂e

Fish and chips with tartar sauce and lemon

Approx. carbon footprint per serving: 650g CO₂e

Beef, cheese and bacon burger

Approx. carbon footprint per serving: 3100g CO₂e

Honey sesame glazed chicken wings

Approx. carbon footprint per serving: 1820g CO₂e

Sides

French fries

Approx. carbon footprint per serving: 160g CO₂e

Mushy peas

Approx. carbon footprint per serving: 40g CO₂e

Long roasted carrots

Approx. carbon footprint per serving: 90g CO₂e

Desserts

Pumpkin pie (VE)

Approx. carbon footprint per serving: 450g CO₂e

Pumpkin pie (V)

Approx. carbon footprint per serving: 180g CO₂e

Fresh, diced fruit

Approx. carbon footprint per serving: 130g CO₂e

1000g of CO₂ is equivalent to driving an average car **3.7 kilometres** or the same as making **16 cups of tea** in the UK.

(VE) Vegetarian (V) Vegan

Image description

The image is a menu, likely for a restaurant or cafe, that lists various food items categorised into mains, sides, and desserts along with their approximate carbon footprint per serving measured in grams of CO₂ equivalent (CO₂e).

Here's the detailed breakdown:

Category	Food items	Approx. carbon footprint per serving (CO ₂ e)
Mains	Baked potatoes with chickpea and corn curry (V)	320g
	Spinach, cheddar, and tomato omelette (VE)	1300g
	Fish and chips with tartar sauce and lemon	650g
	Beef, cheese, and bacon burger	3100g
	Honey sesame glazed chicken wings	1820g
Sides	French fries	160g
	Mushy peas	40g
	Long roasted carrots	90g

Desserts	Pumpkin pie (VE)	450g
	Pumpkin pie (V)	180g
	Fresh, diced fruit	130g

The menu also notes that 1000g of CO₂e is equivalent to driving an average car 3.7 kilometers or making 16 cups of tea in the UK.

Legend: (VE) Vegetarian, (V) Vegan.