

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal)	34p	4.23
Small bowl of chips	602 kcal		2.48
Five chicken wings	407 kcal		3.34
NEW Five chicken breast bites	161 kcal		2.99
Eight Whitby breaded scampi	464 kcal		4.99
Grilled halloumi-style cheese	447 kcal		1.97
Peas	133 kcal		94p
Mushy peas	248 kcal		94p
Side salad	91 kcal		2.29
Mediterranean side salad	198 kcal		3.22
Roasted vegetables	135 kcal		1.53
Colestlaw	399 kcal		1.40
Sliced chillies	3 kcal		88p
Chicken gravy	50 kcal		94p
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal
Garlic pizza bread	8* 386 kcal	4.98	11* 772 kcal
With cheese	8* 473 kcal	5.57	11* 922 kcal

Desserts

NEW Salted caramel sticky toffee pudding	6.39
Vanilla ice cream	877 kcal or custard 741 kcal
NEW Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal
Vanilla ice cream	
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	537 kcal
Vanilla ice cream	
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p	
Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (66 kcal) 42p	
Banana (110 kcal) 62p; Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p	

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

🔥 = Very mild 🔥🔥 = Mild 🔥🔥🔥 = Medium hot 🔥🔥🔥🔥 = Very hot
 🔥🔥🔥🔥🔥 = Extremely hot
 🌿 = Vegetarian 🌱 = Vegan 5% = 5% fat or less UNDER 500 = Dish under 500 Calories

🐟 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.⁹

BREAKFAST

Served
8am - 12 noon

Large breakfast	1343 kcal	8.24
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	6.54
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	5.62
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
Freedom breakfast	586 kcal	5.62
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	8.24
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	6.54
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	5.62
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	6.14
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	8.24
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	6.39
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	252 kcal (plain)	2.09
Add: Banana (110 kcal) 62p; Maple-flavour syrup (125 kcal) 34p		
Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p		
Honey (91 kcal) 34p; Sliced apple (46 kcal) 62p		

Breakfast extras

Add any of the following:				
Black pudding	178 kcal	75p	Two rashers of back bacon	131 kcal
Lincolnshire sausage	168 kcal	1.05	Four rashers of maple-cured bacon	91 kcal
Vegan sausage	82 kcal	1.05	Two scrambled eggs	136 kcal
Slice of toast	225 kcal	1.13	Fried egg	56 kcal
Hash brown	82 kcal	46p	Poached egg	63 kcal

Breakfast butties and wraps

Bacon butty	574 kcal. Three rashers of bacon, buttered white bloomer bread	4.59
Sausage butty	714 kcal	4.59
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	4.59
Two vegan sausages, buttered white bloomer bread		
NEW Vegan option available with vegan spread	435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*		
Egg & cheese muffin	249 kcal	4.70
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	314 kcal	5.16
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	5.16
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	330 kcal	5.16
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	482 kcal	5.40
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	271 kcal	5.40
Guacamole, pico de gallo, on an English muffin, rocket		
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg (63 kcal) 93p		
Grilled halloumi-style cheese (447 kcal) 1.97		
Add: Hash brown (82 kcal) 46p		

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdetherspoon.com
 *Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Non-refundable advance purchase rates, available to book direct on our website, app and on the telephone. *Department of Health & Social Care. **Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

NEW Fiesta brunch	659 kcal	4.59
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	6.74
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	6.74
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	6.74
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup	708 kcal	6.39
Four pancakes, maple-cured bacon, maple-flavour syrup	645 kcal	6.39
Four pancakes, maple-flavour syrup	554 kcal	5.70
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup	322 kcal	4.93
Two pancakes, maple-flavour syrup	277 kcal	4.64
Scrambled egg on toast	570 kcal	5.16
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	4.01
NEW Vegan option available with vegan spread	460 kcal	
Small beans on toast	252 kcal	2.84
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.80
White bloomer bread		
Fresh fruit	200 kcal	4.01
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	334 kcal	5.62
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

Breakfast wrap	724 kcal	5.75
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	5.75
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Tea, coffee and hot chocolate

FREE REFILLS*	
TEA, COFFEE AND HOT CHOCOLATE	
— ALL DAY EVERY DAY —	
LAVAZZA	
100% ARABICA BEANS	
1.56 each	
Biscuits	
Walkers shortbread	151 kcal 71p
Stem ginger biscuit	123 kcal 71p
Belgian chocolate biscuit	129 kcal 71p
Salted caramel brownie bar	316 kcal 1.64
Flat white	92 kcal
Cappuccino	102 kcal
Latte	113 kcal
Mocha	147 kcal
Espresso	6 kcal
Black coffee	6 kcal
White coffee	24 kcal
Hot chocolate	169 kcal
Tea	with semi-skimmed milk 14 kcal
Dairy alternative: oat sachet 4 kcal	
Decaffeinated tea and coffee available.	

for the facts
drinkaware.co.uk

jdetherspoon.com

FOOD

Main menu 11.30am - 11pm. Children's menu available.



Penzance

A few metres from this pub is the site of the 17th mansion of the Tremeneheere family. John was mayor of Penzance in 1655, since when the name of Tremeneheere has appeared in the list of mayors on no fewer than nine occasions, the last time in 1797.



Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



Food hygiene rating

We have been awarded the maximum food hygiene rating of 5 in our pub.



100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.



Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to be the MSC's standard for well-managed and sustainable fisheries.



Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



Coffee

The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.



Award-winning children's menu

Best children's meals (first place) Independently run 'secret diner' survey.



Sustainable Restaurant Association

Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels
Over 50 hotels in England, Ireland, Scotland and Wales

Book direct for the best rates*
at jdetherspoon.com, on our app or by phone.



goodfoodtalks
opening menus for everybody
The spoken menu app for the visually impaired




Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁹










STD



MENU_1099

Small plates | Any 3 for £17.75




















8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.

Margherita  <small>USP50</small> 467 kcal. Mozzarella, basil	6.61
Pepperoni  575 kcal. Mozzarella, pepperoni	7.20
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	7.20
BBQ chicken 555 kcal	7.20
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable  514 kcal	7.20
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
Vegan roasted vegetable   <small>USP50</small> 355 kcal	7.20
Mushroom, roasted pepper, courgette, onion, basil	
Spicy meat feast    615 kcal	7.80
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	

NEW Char-grilled halloumi-style cheese  514 kcal	6.20
Rocket, roasted pepper, courgette, onion, salsa	
11" garlic pizza bread  772 kcal	6.14
Nachos   695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.09
Bowl of chips  964 kcal	4.23
Bowl of chips with curry sauce  1082 kcal	5.86
Cheesy chips  1256 kcal	5.53
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.31
Tomato & basil soup   <small>USP50</small> 374 kcal. White bloomer bread	4.62





NEW Vegan option available with vegan spread   USP50 285 kcal

With any of the small plates below, choose one dip:














Sweet chilli   37 kcal; Sticky soy  100 kcal; Naga chilli    136 kcal	
Jack Daniel's® Tennessee Honey glaze  87 kcal; Chipotle mayo    150 kcal	
Blue cheese  270 kcal; BBQ sauce  83 kcal	
Halloumi-style fries   <small>USP50</small> 396 kcal	6.20
Chicken bites <small>USP50</small> 322 kcal. Ten battered chicken breast pieces	6.48
Southern-fried chicken strips  <small>USP50</small> 459 kcal. Five chicken breast strips	6.43
Chicken wings    813 kcal. Ten spicy chicken wings	7.21
Quorn™ nuggets  <small>USP50</small> 331 kcal. Eight coated pieces	6.03

Deli Deals

All wraps and paninis are freshly made to order.

NEW 10" wraps A smaller wrap and filling.	
Small brunch wrap 559 kcal	
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink
Small vegetarian brunch wrap  545 kcal	5.41 each
Fried egg, two vegan sausages, Cheddar cheese	
Small shawarma chicken    502 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink*
Small Quorn™ nuggets  <small>USP50</small> 310 kcal	6.44 each
Salad leaves, tomato, cucumber, salsa	
Small southern-fried chicken    <small>USP50</small> 399 kcal	
Salad leaves, smoky chipotle mayo	alcoholic drink*
Small cold chicken breast    <small>USP50</small> 277 kcal	7.97 each
Salad leaves, sweet chilli sauce	
Small fried halloumi-style cheese    <small>USP50</small> 391 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber	
Add: Small side salad  (46 kcal); Small portion of chips  (329 kcal) 1.03 each	




12" wraps

NEW Shawarma chicken    719 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
Quorn™ nuggets  508 kcal. Tomato, cucumber, salsa	
Southern-fried chicken    609 kcal	
Salad leaves, smoky chipotle mayo	
Cold chicken breast    479 kcal	
Salad leaves, sweet chilli sauce	
Fried halloumi-style cheese    707 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber	

Paninis

Tuna mayo and Cheddar cheese 590 kcal	
Cheddar cheese and tomato  527 kcal	
Wiltshire cured ham and Cheddar cheese 508 kcal	
BBQ chicken, bacon and Cheddar cheese 586 kcal	


8" pizzas on a freshly baked sourdough base
Choose any 8" pizza from the small plates section.

Add: Side salad  (91 kcal); **Tomato & basil soup**  (150 kcal)
Spicy rice  (208 kcal); **Chips**  (602 kcal) **1.44** each

Adults need around 2000 kcal a day.⁹


Burgers


Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).	
American burger 696 kcal	
Red onion, gherkin, ketchup, American-style mustard	soft drink* 7.79 each
Classic beef burger 677 kcal	alcoholic drink* 9.32 each
Iceberg lettuce, tomato, red onion	
Skinny beef burger  375 kcal	
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	
American cheese burger 730 kcal	soft drink* 8.36
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* 9.89






Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).	
Double American burger 1138 kcal	
Red onion, gherkin, ketchup, American-style mustard	soft drink* 10.04 each
Double classic beef burger 1119 kcal	alcoholic drink* 11.57 each
Iceberg lettuce, tomato, red onion	
Double American cheese burger 1207 kcal	soft drink* 10.63
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* 12.16

Chicken burgers




Served with a small portion of chips (329 kcal, included in the Calories below).	
Crunchy chicken strip burger  776 kcal	soft drink* 7.79
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink* 9.32

Served with chips (602 kcal, included in Calories below).	
Fried buttermilk chicken burger 1255 kcal	
Breaded whole chicken breast fillet	soft drink* 10.04 each
Char-grilled chicken breast burger 970 kcal	alcoholic drink* 11.57 each
Skinny chicken burger  <small>USP50</small> 394 kcal	
Char-grilled chicken breast, with a side salad, instead of chips	














Meat-free burgers

Served with chips (602 kcal, included in Calories below).	
Beyond Burger™  1043 kcal	
 BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* 10.04 each
Breaded vegetable burger  1039 kcal	alcoholic drink* 11.57 each
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	
Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce	

















Just-a-burger



Served on its own, without chips or a drink.	each 5.10
American burger  367 kcal	
Red onion, gherkin, ketchup, American-style mustard	
Crunchy chicken strip burger   447 kcal	
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	

Curries

Classic curries With basmati pilau rice, plain naan and poppadums.	
Mangalorean roasted cauliflower & spinach curry    927 kcal	
Chicken tikka masala   1190 kcal	soft drink* 12.18 each
Chicken jalfrezi    935 kcal	alcoholic drink* 13.71 each
Beef Madras     1043 kcal	
Change your plain naan to a garlic naan  (add 92 kcal) 47p	

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry    927 kcal	
Choose: Basmati pilau rice  568 kcal; Chips 970 kcal	
Simple chicken tikka masala  1190 kcal	soft drink* 9.95 each
Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	alcoholic drink* 11.48 each
Simple chicken jalfrezi    935 kcal	
Choose: Basmati pilau rice  575 kcal; Chips 977 kcal	
Simple beef Madras     1043 kcal	
Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	
Add: One vegetable samosa and two onion bhajis   (293 kcal) 1.76	
Two plain poppadums  (86 kcal) 47p	

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
Katsu grilled chicken curry  542 kcal	
Sliced char-grilled chicken breast	soft drink* 11.07 each
Katsu Quorn™ nugget curry  686 kcal	alcoholic drink* 12.60 each
Eight coated pieces	
Katsu chicken curry 828 kcal	
Sliced whole breaded chicken breast fillet	

Gourmet burgers

Served with chips, six onion rings (871 kcal, included in Calories below).

Ultimate burger 1656 kcal	
Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	soft drink* 12.25 each
Tennessee burger	alcoholic drink* 13.78 each
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	
Choose: Beef (two 3oz beef patties) 1567 kcal	
Char-grilled chicken breast 1417 kcal	
Fried buttermilk chicken 1703 kcal	


BBQ burger

Maple-cured bacon, Cheddar cheese, BBQ sauce	
Choose: Beef (two 3oz beef patties) 1644 kcal	
Char-grilled chicken breast 1494 kcal	
Fried buttermilk chicken 1780 kcal	

Heatwave burger




Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing	
Choose: Char-grilled chicken breast 1722 kcal	
Fried buttermilk chicken 2007 kcal	

Fiesta burger 1380 kcal





 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion	
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Triple American cheese & bacon burger 1770 kcal	soft drink* 13.71
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* 15.24





Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 173 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese  82 kcal	1.52
American-style cheese  69 kcal	1.52
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip  92 kcal	1.50






3oz beef patty 168 kcal

Char-grilled chicken breast 187 kcal	
Fried buttermilk chicken 473 kcal	each 1.97
Breaded vegetable patty  257 kcal	
Fried halloumi-style cheese  298 kcal	
 BEYOND MEAT patty  184 kcal	

Chicken

Chicken on the bone is marinated, slow cooked and finished on the char-grill.	
Peri-peri char-grilled half chicken	
Lemon and herb  Char-grilled in a lemon & herb glaze	soft drink* 13.19 each
Coleslaw, garlic & herb dip	
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	alcoholic drink* 14.72 each
Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	
Hot and spicy    Char-grilled in a Naga chilli & citrus glaze	
Coleslaw, Naga chilli dip	
Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	
Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal	
Char-grilled half chicken, mash and gravy 818 kcal	
Lemon & herb chicken, peas, chicken gravy	

Chicken baskets

Chicken wing basket    Eight wings, coleslaw, Naga chilli dip	
Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal	
Boneless basket  1179 kcal	soft drink* 11.02 each
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	alcoholic drink* 12.55 each
Chicken bites basket	
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	
Choose: Side salad 623 kcal; Spicy rice  763 kcal; Chips 1157 kcal	