

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	
Mediterranean side salad	198 kcal			3.22	
Sliced chillies	3 kcal			88p	
Peas	133 kcal	94p	Mushy peas	248 kcal	94p
Side salad	91 kcal	2.29	Coleslaw	399 kcal	1.40
Chicken gravy	50 kcal	94p	Roasted vegetables	135 kcal	1.53
Onion rings					
	Six 269 kcal	2.33	Twelve	538 kcal	3.50
Garlic pizza bread	8* 386 kcal	4.40		11* 772 kcal	5.57
With cheese	8* 473 kcal	4.98		11* 922 kcal	6.44

Desserts

NEW 11" sharing dessert pizza	883 kcal	5.99
Banana, strawberries, chocolate cookie, toffee sauce, Belgian chocolate sauce		
NEW Chocolate & salted caramel torte		5.91
Chocolate biscuit base, chocolate & salted caramel filling		
Vanilla ice cream 746 kcal or coconut ice cream 701 kcal		
NEW Salted caramel sticky toffee pudding		5.57
Vanilla ice cream 877 kcal or custard 741 kcal		
Millionaire's shortbread	409 kcal	2.46
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce		
Vanilla ice cream	334 kcal	2.11
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	364 kcal	2.11
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	435 kcal	3.28
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	431 kcal	3.28
Salted caramel filling, toffee sauce, vanilla ice cream		
Mini American-style pancakes	412 kcal	4.13
Two pancakes, maple-flavour syrup, vanilla ice cream		
Fresh fruit	470 kcal	5.16
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	909 kcal	5.91
Warm chocolate brownie	736 kcal	5.91
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	727 kcal	5.91
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble		6.22
Vanilla ice cream 673 kcal, coconut ice cream 628 kcal or custard 537 kcal		
American-style pancakes	689 kcal	5.57
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% fat or less
 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.⁸

BREAKFAST

Large breakfast	1343 kcal	7.43
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	5.75
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	5.19
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal)	75p	
Freedom breakfast	586 kcal	5.19
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	7.43
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	5.75
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	5.19
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	5.36
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	7.43
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	5.57
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
NEW Creamy jumbo oat porridge (new recipe: now contains gluten)	2.09	
198 kcal (plain)		
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		
NEW Shakshuka	547 kcal	5.92
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese (447 kcal) 1.97		
Maple-cured bacon (91 kcal) 1.52		
NEW Fiesta brunch	659 kcal	4.36
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.92
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.92
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.92
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	5.57
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal		
Four pancakes, maple-flavour syrup. 554 kcal		
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal		
Two pancakes, maple-flavour syrup. 277 kcal		
Scrambled egg on toast	570 kcal	4.36
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal	3.77
Vegan option available with vegan spread 460 kcal		
Small beans on toast	252 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.58
White bloomer bread		
Fresh fruit	200 kcal	3.77
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	334 kcal	5.19
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

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: jdwetherspoon.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. **Statement of daily Calorie needs from the 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).

Served
8am - 12 noon

Breakfast extras

Add any of the following:					
Black pudding	178 kcal	75p	Hash brown	82 kcal	46p
Lincolnshire sausage	168 kcal	1.05	Vegan sausage	82 kcal	1.05
Slice of toast	225 kcal	1.13	Baked beans	126 kcal	93p
Fried egg	56 kcal	93p	Poached egg	63 kcal	93p
Two scrambled eggs	136 kcal				1.63
Two rashers of back bacon	131 kcal				1.57
Four rashers of maple-cured bacon	91 kcal				1.52
Two mushrooms	100 kcal				93p
Two grilled tomato halves	16 kcal				52p
Grilled halloumi-style cheese	447 kcal				1.97

Breakfast butties and wraps

Bacon butty	574 kcal	4.36
Three rashers of bacon, buttered white bloomer bread		
Sausage butty	714 kcal	4.36
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	4.36
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread 435 kcal		
Breakfast wrap	724 kcal	4.93
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.93
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*		
Egg & cheese muffin	249 kcal	3.77
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	314 kcal	4.23
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	4.23
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	330 kcal	4.23
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	482 kcal	4.47
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	271 kcal	4.47
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		

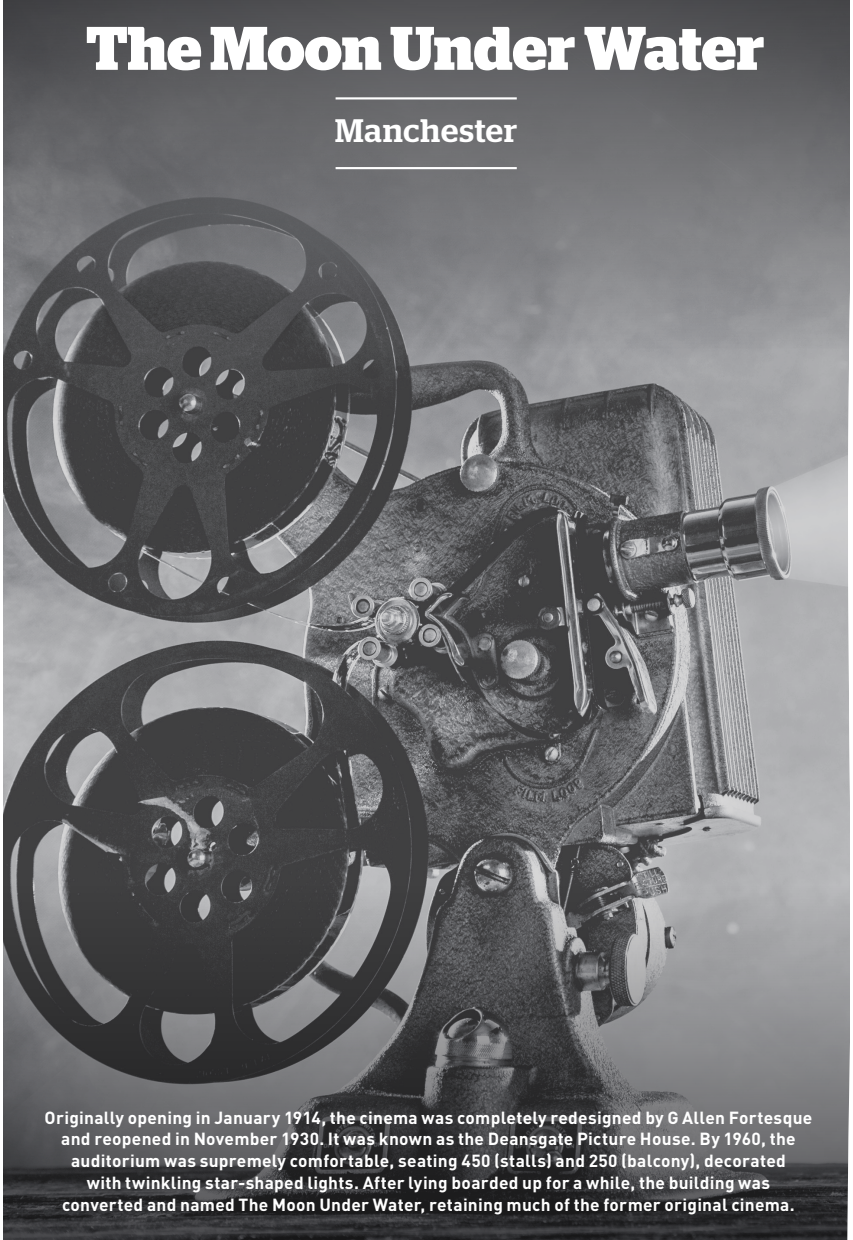
Tea, coffee and hot chocolate

FREE REFILLS	Flat white	92 kcal
TEA, COFFEE AND HOT CHOCOLATE — ALL DAY EVERY DAY — LAVAZZA TORINO, ITALY 1895	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.	
	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

for the facts
drinkaware.co.uk
jdwetherspoon.com

FOOD

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



Originally opening in January 1914, the cinema was completely redesigned by G Allen Fortesque and reopened in November 1930. It was known as the Deansgate Picture House. By 1960, the auditorium was supremely comfortable, seating 450 (stalls) and 250 (balcony), decorated with twinkling star-shaped lights. After lying boarded up for a while, the building was converted and named The Moon Under Water, retaining much of the former original cinema.

W 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
5 (GREEN)

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

CERTIFIED SUSTAINABLE SEAFOOD MSC
www.msc.org

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

100% UK AND IRISH BEEF
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.

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.

Breakfast
8am - 12 noon
Traditional breakfast
£5.75

Tea, coffee and hot chocolate
Free refills
£1.56 each

Deli Deals
INCLUDES A DRINK
Featuring **NEW** small southern-fried chicken wrap just-a-wrap, without a drink
£4.22

soft drink*	alcoholic drink*
£5.25	£6.78

Burger meals
INCLUDES A DRINK
Featuring 3oz American burger
soft drink* | alcoholic drink*
£6.61 | £8.14

Afternoon deals
INCLUDES A DRINK
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips
soft drink* | alcoholic drink*
£7.27 | £8.80

Steak Club
INCLUDES A DRINK
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin
soft drink* | alcoholic drink*
£10.83 | £12.36

Curry Club
INCLUDES A DRINK
Thursday 11.30am - 11pm
Featuring the katsu curry range
soft drink* | alcoholic drink*
£9.07 | £10.60

INCLUDES A DRINK
Choose from over 150 drinks

LAVAZZA 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 jdwetherspoon.com, on our app or by phone.

UNLIMITED FREE Wi-Fi

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.⁸

Small plates | Any 3 for £17.75

8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order. Margherita 6.61. NEW Spicy chicken 7.20. Pepperoni 7.20. Ham and mushroom 7.20. BBQ chicken 7.20. Roasted vegetable 7.20. Roasted vegetable and vegan cheese 7.20. Spicy meat feast 7.80. NEW Char-grilled halloumi-style cheese 5.19. NEW Char-grilled tandoori chicken breast skewer 5.19. 11" garlic pizza bread 5.57. Nachos 5.81. Bowl of chips 4.23. NEW Shawarma-chicken-topped chips 6.03. Bowl of chips with curry sauce 5.58. Cheesy chips 5.53. Loaded chips 6.03. Tomato & basil soup 4.23. With any of the small plates below, choose one dip. NEW Korean-style dip 100 kcal. Naga chilli 87 kcal. Chipotle mayo 83 kcal. Halloumi-style fries 5.19. Chicken bites 6.09. Southern-fried chicken strips 6.20. Chicken wings 6.75. Quorn™ nuggets 6.03.

Deli Deals INCLUDES A DRINK

All wraps and paninis are freshly made to order. NEW 10" wraps A smaller wrap and filling. Small Korean fried chicken 364 kcal. Small brunch wrap 559 kcal. Small vegetarian brunch wrap 545 kcal. Small shawarma chicken 502 kcal. Small Quorn™ nuggets 310 kcal. Small southern-fried chicken 399 kcal. Small cold chicken breast 277 kcal. Small fried halloumi-style cheese 391 kcal. Add: Small side salad (46 kcal); Small portion of chips (329 kcal) 1.03 each

12" wraps. NEW Korean fried chicken 618 kcal. Shawarma chicken 719 kcal. Southern-fried chicken 609 kcal. Cold chicken breast 479 kcal. Fried halloumi-style cheese 707 kcal. Quorn™ nuggets 508 kcal. Paninis. NEW Roasted vegetable and vegan cheese 480 kcal. 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

Burgers INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order, Traceable from farm to fork. Beef burgers One 3oz beef patty. American burger 696 kcal. Classic beef burger 677 kcal. Skinny beef burger 375 kcal. American cheese burger 730 kcal. Double beef burgers Two 3oz beef patties. Double American burger 1138 kcal. Double classic beef burger 1119 kcal. Double American cheese burger 1207 kcal. Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below). Ultimate burger 1656 kcal. Tennessee burger 1567 kcal. BBQ burger 1780 kcal. Heatwave burger 1772 kcal. Fiesta burger 1380 kcal. Triple American cheese & bacon burger 1770 kcal.

Curries INCLUDES A DRINK

Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry 927 kcal. Chicken tikka masala 1190 kcal. Chicken jalfrezi 935 kcal. 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. Simple chicken tikka masala 1232 kcal. Simple chicken jalfrezi 977 kcal. Simple beef Madras 1086 kcal. Add: One vegetable samosa and two onion bhajis (293 kcal) 1.76. Two plain poppadums (86 kcal) 47p. NEW Char-grilled tandoori chicken breast skewer (145 kcal) 3.99. Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander. Katsu grilled chicken curry 542 kcal. Katsu Quorn™ nugget curry 686 kcal. Katsu chicken curry 828 kcal.

Adults need around 2000 kcal a day.

Chicken burgers Served with a small portion of chips (329 kcal, included in Calories below). NEW Korean crunchy chicken strip burger 712 kcal. Fried buttermilk chicken burger 1255 kcal. Char-grilled chicken breast burger 970 kcal. Skinny chicken burger 394 kcal. 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 1039 kcal. Crunched vegetable burger 1039 kcal. Mature Cheddar cheese 1118 kcal. Just-a-burger Served on its own, without chips or a drink. NEW Korean crunchy chicken strip burger 383 kcal. American burger 367 kcal. Crunchy chicken strip burger 447 kcal. Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 173 kcal. Maple-cured bacon with American-style cheese 160 kcal. Cheddar cheese 82 kcal. American-style cheese 69 kcal. NEW Vegan cheese 57 kcal. Maple-cured bacon 91 kcal. Crunchy chicken strip 92 kcal. 3oz beef patty 168 kcal. Char-grilled chicken breast 187 kcal. Fried buttermilk chicken 473 kcal. Breaded vegetable patty 257 kcal. BEYOND MEAT patty 184 kcal.

Chicken INCLUDES A DRINK

NEW Char-grilled tandoori chicken breast skewers 762 kcal. NEW Sticky Korean fried chicken bowl 961 kcal. Peri-peri char-grilled half chicken Lemon and herb Char-grilled in a lemon & herb glaze. Chicken strips, chicken breast bites, chips tossed in a Korean-style sauce, coriander, sliced chillies. Chicken on the bone is marinated, slow cooked and finished on the char-grill. NEW Char-grilled tandoori chicken breast skewers 145 kcal. Chicken baskets Boneless basket 720 kcal. Chicken wing basket 861 kcal. Chicken bites basket 763 kcal. Southern-fried chicken strips basket 888 kcal. Quorn™ 'no chicken' nuggets basket 635 kcal.

11" pizzas INCLUDES A DRINK

Sourdough base – proved, stretched, topped and freshly baked to order. Margherita 934 kcal. NEW Spicy chicken 1374 kcal. Pepperoni 1151 kcal. Ham and mushroom 1011 kcal. BBQ chicken 1097 kcal. Roasted vegetable 1028 kcal. Roasted vegetable and vegan cheese 829 kcal. Spicy meat feast 1214 kcal. Additional toppings Red onion 10 kcal; Sliced chillies 3 kcal; Mushroom 4 kcal each 88p. Garlic & herb dip 180 kcal; Mozzarella 150 kcal; Ham 71 kcal. Chicken breast 94 kcal; Maple-cured bacon 91 kcal. Pepperoni 109 kcal; Roasted vegetables 90 kcal.

Small pub classics INCLUDES A DRINK

Small freshly battered cod and chips 9.01 10.54. Small Whitby breaded scampi 9.01 10.54. Small Wiltshire cured ham, egg and chips 7.80 9.33. Small all-day brunch 8.09 9.62. Small vegetarian all-day brunch 8.09 9.62.

Afternoon deal Mon - Fri, 2pm - 5pm

Pub classics INCLUDES A DRINK

Freshly battered cod and chips 11.25 12.78. Whitby breaded scampi 11.25 12.78. All-day brunch 10.90 12.43. Vegetarian all-day brunch 10.90 12.43. Steak & kidney pudding 9.49 11.02. Bangers and mash 9.49 11.02. Vegetarian bangers and mash 9.49 11.02. Wiltshire cured ham, eggs and chips 8.91 10.44. Sausages, chips and beans 8.91 10.44. Vegan sausages, chips and beans 8.91 10.44. NEW Chili bean non-carne 9.49 11.02.

Afternoon deal Mon - Fri, 2pm - 5pm

Steaks and grills INCLUDES A DRINK

From farms in the UK and Ireland, prime beef steaks (traceable from farm to fork), matured for 28 days, seasoned with a steak-seasoning blend and freshly cooked to your liking. Classic 8oz sirloin steak Choose: Side salad 526 kcal. Mediterranean salad 657 kcal; Jacket potato 774 kcal. Mashed potato 745 kcal; Chips 1061 kcal. Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 785 kcal. Mediterranean salad 915 kcal; Jacket potato 1032 kcal. Mashed potato 1003 kcal; Chips 1320 kcal. Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal). Jack Daniel's® Tennessee Honey glaze (87 kcal) 1.82 each

Below meals are served with peas, tomato and mushroom. BBQ chicken melt 11.25 12.78. Choose: Side salad 609 kcal; Mediterranean salad 739 kcal; Jacket potato 856 kcal; Mashed potato 827 kcal; Chips 1143 kcal. 5oz gammon and egg Choose: Side salad 402 kcal; Mediterranean salad 532 kcal; Jacket potato 649 kcal; Mashed potato 620 kcal; Chips 936 kcal. 10oz gammon and eggs 13.07 14.60. Choose: Side salad 611 kcal; Mediterranean salad 741 kcal; Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal. Mixed grill 13.07 14.60. Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad 984 kcal; Mediterranean salad 1114 kcal; Jacket potato 1231 kcal; Mashed potato 1202 kcal; Chips 1519 kcal. Large mixed grill 14.82 16.35. Gammon, pork loin, rump, lamb, two Lincolnshire sausages, fried egg, six onion rings Choose: Side salad 1477 kcal; Mediterranean salad 1607 kcal; Jacket potato 1724 kcal; Mashed potato 1696 kcal; Chips 2012 kcal.

Noodles, salads and pastas INCLUDES A DRINK

Ramen noodle bowl 8.99 10.52. Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth. Chicken & maple-cured bacon salad 10.60 12.13. Choose: Char-grilled chicken breast 283 kcal; Southern-fried chicken breast strips 465 kcal. Mediterranean salad 9.47 11.00. Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing. Grilled halloumi-style cheese 9.75 11.28. & roasted vegetable salad 4.94 6.88. Burrito salad bowl 9.75 11.28. Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies.

Pasta alfredo 618 kcal. Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket. Add: Char-grilled chicken breast (187 kcal) 1.97; Maple-cured bacon (91 kcal) 1.52. British beef & pancetta lasagne Choose: Side salad 761 kcal; Chips 1295 kcal.

Jacket potatoes INCLUDES A DRINK

With side salad and one filling. Extra fillings 1.30 each. Tuna mayo 592 kcal; Colelaw 559 kcal. Cheese 512 kcal. Baked beans 482 kcal. Chili bean non-carne 442 kcal. Roasted vegetables 383 kcal.