

## Desserts

<b>NEW</b> Salted caramel sticky toffee pudding  877 kcal Vanilla ice cream	<b>6.39</b>
<b>NEW</b> Millionaire's shortbread   409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	<b>2.46</b>
<b>Vanilla ice cream</b> 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce	<b>2.11</b>
<b>Cookie crunch</b> 364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	<b>2.11</b>
<b>Mini warm chocolate brownie</b> 435 kcal Belgian chocolate sauce, vanilla ice cream	<b>3.28</b>
<b>Mini warm cookie dough sandwich</b> 431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>3.28</b>
<b>Fresh fruit</b> 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	<b>5.16</b>
<b>Warm chocolate fudge cake</b> 909 kcal Vanilla ice cream	<b>5.91</b>
<b>Warm chocolate brownie</b> 736 kcal Belgian chocolate sauce, vanilla ice cream	<b>5.91</b>
<b>Warm cookie dough sandwich</b> 727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>5.91</b>
<b>British Bramley apple crumble</b> 673 kcal Vanilla ice cream	<b>6.22</b>

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Add: **Vanilla ice cream scoop** (135 kcal) **94p**, **Toffee sauce** (66 kcal) **42p**, **Belgian chocolate sauce** (61 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.<sup>8</sup>

# BREAKFAST

Served  
8am - 12 noon

<b>Large breakfast</b> 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	<b>8.24</b>
<b>Traditional breakfast</b> 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	<b>6.54</b>
<b>Small breakfast</b> 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	<b>5.62</b>
Add: <b>Black pudding</b> (178 kcal) <b>75p</b>	
<b>Freedom breakfast</b> 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>5.62</b>
<b>Large vegetarian breakfast</b> 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>8.24</b>
<b>Vegetarian breakfast</b> 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>6.54</b>
<b>Small vegetarian breakfast</b> 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	<b>5.62</b>
<b>Vegan breakfast</b> 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>6.14</b>
<b>Porridge</b> 252 kcal (plain) Add: <b>Banana</b> (110 kcal) <b>62p</b> , <b>Strawberries</b> (27 kcal) <b>62p</b> , <b>Blueberries</b> (17 kcal) <b>62p</b> , <b>Honey</b> (91 kcal) <b>34p</b> , <b>Sliced apple</b> (46 kcal) <b>62p</b>	<b>2.09</b>
<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>6.74</b>
<b>Mushroom Benedict</b> 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>6.74</b>
<b>Miner's Benedict</b> 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	<b>6.74</b>
<b>Scrambled egg on toast</b> 570 kcal Three eggs, buttered white bloomer toast	<b>5.16</b>
<b>Beans on toast</b> 566 kcal. Buttered white bloomer toast <b>NEW</b> Vegan option available with vegan spread   460 kcal	<b>4.01</b>
<b>Two slices of toast with jam or marmalade</b> 524 kcal White bloomer bread	<b>2.80</b>
<b>Fresh fruit</b> 200 kcal Apple, banana, blueberries, strawberries	<b>4.01</b>
<b>NEW</b> <b>Fresh fruit and yoghurt</b> 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	<b>5.62</b>

## Breakfast extras

Add any of the following:

<b>Black pudding</b> 178 kcal	<b>75p</b>	<b>Hash brown</b> 82 kcal	<b>46p</b>
<b>Lincolnshire sausage</b> 168 kcal	<b>1.05</b>	<b>Vegan sausage</b> 82 kcal	<b>1.05</b>
<b>Slice of toast</b> 225 kcal	<b>1.13</b>	<b>Baked beans</b> 126 kcal	<b>93p</b>
<b>Fried egg</b> 56 kcal	<b>93p</b>	<b>Poached egg</b> 63 kcal	<b>93p</b>
<b>Two scrambled eggs</b> 136 kcal	<b>1.63</b>		
<b>Two rashers of back bacon</b> 131 kcal	<b>1.57</b>		
<b>Two mushrooms</b> 100 kcal	<b>93p</b>		
<b>Two grilled tomato halves</b> 16 kcal	<b>52p</b>		

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](http://jdwetherspoon.com)  
<sup>8</sup>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. <sup>9</sup>Statement of daily Calorie needs from the Department of Health & Social Care. <sup>10</sup>Excluding decaffeinated. <sup>11</sup>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).

## Breakfast butties and wraps

<b>Bacon butty</b> 574 kcal Three rashers of bacon, buttered white bloomer bread	<b>4.59</b>
<b>Sausage butty</b> 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	<b>4.59</b>
<b>Vegetarian sausage butty</b> 541 kcal Two vegan sausages, buttered white bloomer bread <b>NEW</b> Vegan option available with vegan spread   435 kcal	<b>4.59</b>
<b>Breakfast wrap</b> 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	<b>5.75</b>
<b>Vegetarian breakfast wrap</b> 735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	<b>5.75</b>

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills<sup>9</sup>

<b>Egg &amp; cheese muffin</b> 249 kcal Fried egg, American-style cheese, in an English muffin	<b>4.70</b>
<b>Egg &amp; bacon muffin</b> 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>5.16</b>
<b>Egg &amp; sausage muffin</b> 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	<b>5.16</b>
<b>Egg &amp; vegetarian sausage muffin</b> 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	<b>5.16</b>
<b>Breakfast muffin</b> 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	<b>5.40</b>
Add: <b>Hash brown</b> (82 kcal) <b>46p</b>	

## Tea, coffee and hot chocolate

**FREE REFILLS**  
TEA, COFFEE AND HOT CHOCOLATE  
— ALL DAY EVERY DAY —



**£1.56**  
each

<b>Flat white</b> 92 kcal	<b>White coffee</b> 24 kcal
<b>Cappuccino</b> 102 kcal	<b>Hot chocolate</b> 169 kcal
<b>Latte</b> 113 kcal	<b>Tea</b> with semi-skimmed milk  14 kcal
<b>Mocha</b> 147 kcal	Dairy alternative: oat sachet  4 kcal
<b>Espresso</b> 6 kcal	Decaffeinated tea and coffee available.
<b>Black coffee</b> 6 kcal	

<b>Biscuits</b>	
<b>Walkers shortbread</b> 151 kcal	<b>71p</b>
<b>Belgian chocolate biscuit</b> 129 kcal	<b>71p</b>
<b>Stem ginger biscuit</b> 123 kcal	<b>71p</b>
<b>Salted caramel brownie bar</b> 316 kcal	<b>1.64</b>

for the facts  
[drinkaware.co.uk](http://drinkaware.co.uk)

[jdwetherspoon.com](http://jdwetherspoon.com)

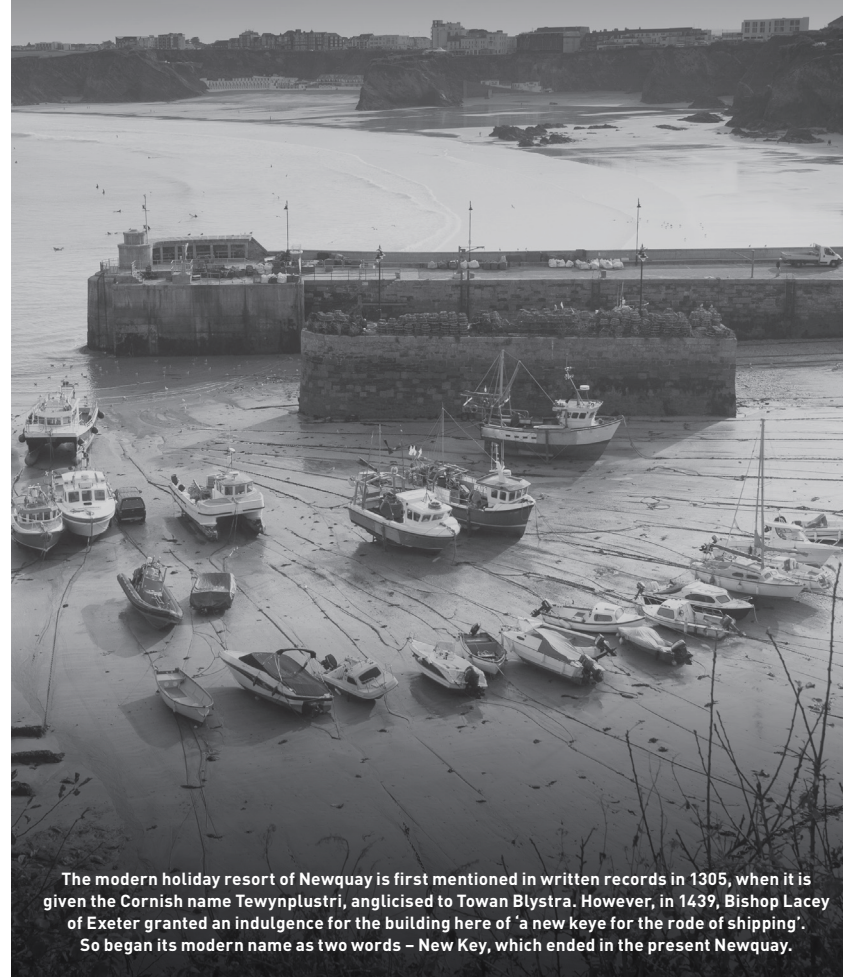
SEA

# FOOD

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

## The Towan Blystra

Newquay



The modern holiday resort of Newquay is first mentioned in written records in 1305, when it is given the Cornish name Tewynplustri, anglicised to Towan Blystra. However, in 1439, Bishop Lacey of Exeter granted an indulgence for the building here of 'a new key for the rode of shipping'. So began its modern name as two words - New Key, which ended in the present Newquay.



## 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.



### 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  
**£6.54**

**Tea, coffee and hot chocolate**  
**Free refills**  
**£1.56**  
each

## Deli Deals<sup>®</sup>

INCLUDES A DRINK<sup>9</sup>

Featuring **NEW** small southern-fried chicken wrap just-a-wrap, without a drink

**£5.41**

soft drink* <b>£6.44</b>	alcoholic drink* <b>£8.20</b>
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## Burger meals

INCLUDES A DRINK<sup>9</sup>

Featuring 3oz American burger

soft drink* <b>£7.79</b>	alcoholic drink* <b>£9.55</b>
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## Afternoon deals

INCLUDES A DRINK<sup>9</sup>

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* <b>£8.44</b>	alcoholic drink* <b>£10.20</b>
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## Steak Club<sup>®</sup>

INCLUDES A DRINK<sup>9</sup>

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* <b>£12.01</b>	alcoholic drink* <b>£13.77</b>
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## Curry Club<sup>®</sup>

INCLUDES A DRINK<sup>9</sup>

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink* <b>£10.26</b>	alcoholic drink* <b>£12.02</b>
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**INCLUDES A DRINK<sup>9</sup>**  
**Choose from over 150 drinks**



**Coffee**  
The freshly ground 100% Arabica Lavazza coffee<sup>10</sup> 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'.  
2024 - 2026

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The spoken menu app for the visually impaired

SEA MENU\_1856

## Small plates | Any 3 for £17.75

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

<b>Margherita</b> <span>🌱</span> <span>UNUSUAL 500</span> 467 kcal. Mozzarella, basil	<b>6.61</b>
<b>Pepperoni</b> <span>🌶️🌶️</span> 575 kcal Mozzarella, pepperoni	<b>7.20</b>
<b>Ham and mushroom</b> 505 kcal Mozzarella, ham, mushroom, rocket	<b>7.20</b>
<b>BBQ chicken</b> 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	<b>7.20</b>
<b>Roasted vegetable</b> <span>🌱</span> 514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	<b>7.20</b>
<b>Vegan roasted vegetable</b> <span>🌱</span> <span>5%</span> <span>UNUSUAL 500</span> 355 kcal Mushroom, roasted pepper, courgette, onion, basil	<b>7.20</b>
<b>Spicy meat feast</b> <span>🌶️🌶️🌶️</span> 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>7.80</b>
<hr/>	
<b>11" garlic pizza bread</b> <span>🌱</span> 772 kcal	<b>6.14</b>
<b>Nachos</b> <span>🌶️🌶️🌶️</span> <span>🌱</span> 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	<b>6.09</b>
<b>Bowl of chips</b> <span>🥗</span> 964 kcal	<b>4.23</b>
<b>Bowl of chips with curry sauce</b> <span>🥗</span> 1082 kcal	<b>5.86</b>
<b>Cheesy chips</b> <span>🌱</span> 1256 kcal	<b>5.53</b>
<b>Loaded chips</b> 1303 kcal. Cheese, maple-cured bacon, sour cream	<b>6.31</b>

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

Sweet chilli <span>🌶️🌶️</span> <span>🥗</span> 37 kcal; Sticky soy <span>🌱</span> 100 kcal; Naga chilli <span>🌶️🌶️🌶️</span> <span>🥗</span> 136 kcal	
Jack Daniel's® Tennessee Honey glaze <span>🌱</span> 87 kcal; Chipotle mayo <span>🌶️🌶️🌶️</span> <span>🌱</span> 150 kcal	
Blue cheese <span>🌱</span> 270 kcal; BBQ sauce <span>🥗</span> 83 kcal	
<b>Halloumi-style fries</b> <span>🌱</span> <span>UNUSUAL 500</span> 396 kcal	<b>6.20</b>
<b>Chicken bites</b> <span>🌱</span> <span>UNUSUAL 500</span> 322 kcal. Ten battered chicken breast pieces	<b>6.48</b>
<b>Southern-fried chicken strips</b> <span>🌱</span> <span>UNUSUAL 500</span> 459 kcal. Five chicken breast strips	<b>6.43</b>
<b>Chicken wings</b> <span>🌶️🌶️🌶️</span> 813 kcal. Ten spicy chicken wings	<b>7.21</b>
<b>Quorn™ nuggets</b> <span>🥗</span> <span>UNUSUAL 500</span> 331 kcal. Eight coated pieces	<b>6.03</b>

## Deli Deals 🌱 INCLUDES A DRINK 🥗

All wraps and paninis are freshly made to order.

<b>NEW 10" wraps</b> A smaller wrap and filling.	
<b>Small brunch wrap</b> 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink <b>5.41</b> each
<b>Small vegetarian brunch wrap</b> <span>🌱</span> 545 kcal Fried egg, two vegan sausages, Cheddar cheese	<b>6.44</b> each
<b>Small shawarma chicken</b> <span>🌶️🌶️🌶️</span> 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* <b>6.44</b> each
<b>Small Quorn™ nuggets</b> <span>🥗</span> <span>UNUSUAL 500</span> 310 kcal Salad leaves, tomato, cucumber, salsa	alcoholic drink* <b>8.20</b> each
<b>Small southern-fried chicken</b> <span>🌶️🌶️🌶️</span> <span>UNUSUAL 500</span> 399 kcal Salad leaves, smoky chipotle mayo	<b>8.20</b> each
<b>Small fried halloumi-style cheese</b> <span>🌶️🌶️</span> <span>🌱</span> <span>UNUSUAL 500</span> 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad <span>🥗</span> (46 kcal); Small portion of chips <span>🥗</span> (329 kcal) <b>1.03</b> 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** 🥗 5% 508 kcal. Tomato, cucumber, salsa

**Southern-fried chicken** 🌶️🌶️🌶️ 609 kcal

Salad leaves, smoky chipotle mayo

**Fried halloumi-style cheese** 🌶️🌶️ 🌱 707 kcal

Salad leaves, sweet chilli sauce, tomato, cucumber

### Paninis

**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); Spicy rice 🥗 (208 kcal)

Chips 🥗 (602 kcal) **1.44** each

Adults need around 2000 kcal a day. <sup>§</sup>
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## Burgers 🌱 INCLUDES A DRINK 🥗

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

<b>Beef burgers</b> One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).		
<b>American burger</b> 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>7.79</b> each	alcoholic drink* <b>9.55</b> each
<b>Classic beef burger</b> 677 kcal Iceberg lettuce, tomato, red onion		
<b>Skinny beef burger</b> <span>🌱</span> <span>UNUSUAL 500</span> 375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips		
<b>American cheese burger</b> 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>8.36</b>	alcoholic drink* <b>10.12</b>
<b>Double beef burgers</b> Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).		
<b>Double American burger</b> 1138 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>10.04</b> each	alcoholic drink* <b>11.80</b> each
<b>Double classic beef burger</b> 1119 kcal Iceberg lettuce, tomato, red onion		
<b>Double American cheese burger</b> 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>10.63</b>	alcoholic drink* <b>12.39</b>

### Chicken burgers

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

Served with chips (602 kcal, included in Calories below).  
**Fried buttermilk chicken burger** 1255 kcal

Breaded whole chicken breast fillet

**Char-grilled chicken breast burger** 970 kcal

**Skinny chicken burger** 5% UNUSUAL 500 394 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

**Fried halloumi-style cheese burger** 🌶️🌶️ 🌱 1118 kcal. Sweet chilli sauce

### Just-a-burger

Served on its own, without chips or a drink.

**American burger** 🌱 UNUSUAL 500 367 kcal  
Red onion, gherkin, ketchup, American-style mustard

**Crunchy chicken strip burger** 🌶️ UNUSUAL 500 447 kcal  
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

## Curries 🌱 INCLUDES A DRINK 🥗

**Classic curries** With basmati pilau rice, plain naan and poppadums.

<b>Mangalorean roasted cauliflower &amp; spinach curry</b> <span>🌶️🌶️</span> <span>🥗</span> 927 kcal	
<b>Chicken tikka masala</b> <span>🌶️</span> 1190 kcal	
<b>Chicken jalfrezi</b> <span>🌶️🌶️</span> <span>5%</span> 935 kcal	
<b>Beef Madras</b> <span>🌶️🌶️🌶️</span> 1043 kcal	
<b>Change your plain naan to a garlic naan</b> <span>🌱</span> (add 92 kcal) <b>47p</b>	
Add: One vegetable samosa and two onion bhajjis <span>🌶️</span> <span>🥗</span> (293 kcal) <b>1.76</b>	
Two plain poppadums <span>🥗</span> (86 kcal) <b>47p</b>	

<b>Katsu curries</b> With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.		
<b>Katsu grilled chicken curry</b> <span>5%</span> 542 kcal Sliced char-grilled chicken breast	soft drink* <b>11.07</b> each	alcoholic drink* <b>12.83</b> each
<b>Katsu Quorn™ nugget curry</b> <span>🥗</span> 686 kcal Eight coated pieces		
<b>Katsu chicken curry</b> 828 kcal Sliced whole breaded chicken breast fillet		

## Jacket potatoes 🌱 INCLUDES A DRINK 🥗

With side salad and one filling. Extra fillings 1.30 each.		
<b>Coleslaw</b> <span>🌱</span> 559 kcal		
<b>Cheese</b> <span>🌱</span> 512 kcal	soft drink* <b>9.18</b> each	alcoholic drink* <b>10.94</b> each
<b>Baked beans</b> <span>🥗</span> <span>5%</span> <span>UNUSUAL 500</span> 482 kcal		
<b>Chilli bean non-carne</b> <span>🌶️</span> <span>🥗</span> <span>5%</span> <span>UNUSUAL 500</span> 442 kcal		
<b>Roasted vegetables</b> <span>🥗</span> <span>5%</span> <span>UNUSUAL 500</span> 383 kcal		

### 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

**Tennessee burger**  
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

**Fiesta burger** 🥗 1380 kcal  
🌱 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

<b>Triple American cheese &amp; bacon burger</b> 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>13.71</b>	
	alcoholic drink* <b>15.47</b>	

### Additional toppings and burger patties

<b>Maple-cured bacon with Cheddar cheese</b> 173 kcal	<b>2.14</b>	
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	<b>2.14</b>	
<b>Cheddar cheese</b> <span>🌱</span> 82 kcal	<b>1.52</b>	
<b>American-style cheese</b> <span>🌱</span> 69 kcal	<b>1.52</b>	
<b>Maple-cured bacon</b> 91 kcal	<b>1.52</b>	
<b>Crunchy chicken strip</b> <span>🌶️</span> 92 kcal	<b>1.50</b>	

<b>3oz beef patty</b> 168 kcal		
<b>Char-grilled chicken breast</b> 187 kcal		
<b>Fried buttermilk chicken</b> 473 kcal	each	<b>1.97</b>
<b>Fried halloumi-style cheese</b> <span>🌱</span> 298 kcal		
<span>🌱</span> BEYOND MEAT patty <span>🥗</span> 184 kcal		

## Noodles, salads and pastas

### INCLUDES A DRINK 🥗

<b>NEW</b> Ramen noodle bowl <span>🌶️🌶️</span> <span>🥗</span> <span>5%</span> <span>UNUSUAL 500</span> 466 kcal	soft drink* <b>8.99</b>	alcoholic drink* <b>10.75</b>
Noodles, bean sprouts, shitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Char-grilled chicken breast (93 kcal) <b>1.15</b> Poached egg <span>🌱</span> (63 kcal) <b>93p</b>		
<b>Chicken &amp; maple-cured bacon salad</b> 11.72	<b>13.48</b>	
Choose: Char-grilled chicken breast <span>🌱</span> <span>UNUSUAL 500</span> 283 kcal Southern-fried chicken breast strips <span>🌱</span> <span>UNUSUAL 500</span> 465 kcal		
<b>Mediterranean salad</b> <span>🥗</span> <span>UNUSUAL 500</span> 334 kcal	<b>10.60</b>	<b>12.36</b>
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables <span>🥗</span> (90 kcal) <b>1.53</b> Char-grilled chicken breast (187 kcal) <b>1.97</b>		
<b>Burrito salad bowl</b> <span>🌱</span> 668 kcal	<b>10.88</b>	<b>12.64</b>
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Char-grilled chicken breast (187 kcal) <b>1.97</b> Chilli bean non-carne <span>🌶️</span> <span>🥗</span> (149 kcal) <b>1.97</b>		

<b>Pasta alfredo</b> <span>🌱</span> 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Char-grilled chicken breast (187 kcal) <b>1.97</b> Maple-cured bacon (91 kcal) <b>1.52</b>	<b>11.17</b>	<b>12.93</b>
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**British beef & pancetta lasagne** 11.72      13.48  
Choose: Side salad 761 kcal; Chips 1295 kcal

## 11" pizzas 🌱 INCLUDES A DRINK 🥗

<b>Sourdough base – proved, stretched, topped and freshly baked to order.</b>	soft drink* <b>11.02</b>	alcoholic drink* <b>12.78</b>
<b>Margherita</b> <span>🌱</span> 934 kcal. Mozzarella, basil		
<b>Pepperoni</b> <span>🌶️🌶️</span> 1151 kcal. Mozzarella, pepperoni		
<b>Ham and mushroom</b> 1011 kcal Mozzarella, ham, mushroom, rocket	soft drink* <b>12.18</b> each	
<b>BBQ chicken</b> 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* <b>13.94</b> each	
<b>Roasted vegetable</b> <span>🌱</span> 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
<b>Vegan roasted vegetable</b> <span>🥗</span> <span>5%</span> 709 kcal Mushroom, roasted pepper, courgette, onion, basil		
<b>Spicy meat feast</b> <span>🌶️🌶️🌶️</span> 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>13.36</b>	<b>15.12</b>
<b>Additional toppings</b>		
Red onion <span>🥗</span> 10 kcal; Sliced chillies <span>🌶️🌶️🌶️🌶️</span> <span>🥗</span> 3 kcal; Mushroom <span>🥗</span> 4 kcal	each	<b>88p</b>
Garlic & herb dip <span>🥗</span> 180 kcal; Mozzarella <span>🌱</span> 150 kcal; Ham 71 kcal Chicken breast 94 kcal; Maple-cured bacon 91 kcal	each	<b>1.15</b>
Pepperoni <span>🌶️🌶️</span> 109 kcal; Roasted vegetables <span>🥗</span> 90 kcal	each	<b>1.53</b>

## Small pub classics 🌱 INCLUDES A DRINK 🥗

<b>Small freshly battered cod and chips</b> <span>🐟</span>	soft drink* <b>10.20</b>	alcoholic drink* <b>11.96</b>
Peas 681 kcal or mushy peas 739 kcal		
<b>Small Whitby breaded scampi</b>	<b>10.20</b>	<b>11.96</b>
Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi		
Add: Two slices of bread <span>🌱</span> (404 kcal) <b>1.34</b> Chip shop-style curry sauce <span>🥗</span> (118 kcal) <b>1.46</b>		
<b>Small Wiltshire cured ham, egg and chips</b> <span>5%</span> 455 kcal One slice of Wiltshire cured ham, fried egg	<b>8.97</b>	<b>10.73</b>
<b>Small all-day brunch</b> 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) <b>75p</b>	<b>9.26</b>	<b>11.02</b>
<b>Small vegetarian all-day brunch</b> <span>🌱</span> 611 kcal Two vegan sausages, fried egg, baked beans, chips	<b>9.26</b>	<b>11.02</b>

## Afternoon deal

Mon - Fri, 2pm - 5pm

Choose from the above small pub classic meals.

	soft drink* <b>8.44</b>	alcoholic drink* <b>10.20</b>
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## Pub classics 🌱 INCLUDES A DRINK 🥗

<b>Freshly battered cod and chips</b> <span>🐟</span>	soft drink* <b>12.42</b>	alcoholic drink* <b>14.18</b>
Peas 1240 kcal or mushy peas 1298 kcal		
<b>Whitby breaded scampi</b>	<b>12.42</b>	<b>14.18</b>
Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi		
Add: Two slices of bread <span>🌱</span> (404 kcal) <b>1.34</b> Chip shop-style curry sauce <span>🥗</span> (118 kcal) <b>1.46</b>		
<b>All-day brunch</b> 1245 kcal	<b>12.08</b>	<b>13.84</b>
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips Add: Black pudding (178 kcal) <b>75p</b>		
<b>Vegetarian all-day brunch</b> <span>🌱</span> 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	<b>12.08</b>	<b>13.84</b>
<b>Steak &amp; kidney pudding</b> 1279 kcal Chips, peas, onion & red wine gravy	<b>10.67</b>	<b>12.43</b>
<b>Wiltshire cured ham, eggs and chips</b> 856 kcal Two slices of Wiltshire cured ham, two fried eggs	<b>10.08</b>	<b>11.84</b>
<b>Sausages, chips and beans</b> 1170 kcal Three Lincolnshire sausages	<b>10.08</b>	<b>11.84</b>
<b>Vegan sausages, chips and beans</b> <span>🥗</span> 910 kcal Three vegan sausages	<b>10.08</b>	<b>11.84</b>
<b>NEW</b> Chilli bean non-carne <span>🌶️</span> <span>🥗</span> <span>5%</span> 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	<b>10.67</b>	<b>12.43</b>

## Afternoon deal

Mon - Fri, 2pm - 5pm

Choose from the above pub classic meals.

	soft drink* <b>9.62</b>	alcoholic drink* <b>11.38</b>
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## 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.

<b>Classic 8oz sirloin steak</b> Choose: Side salad 526 kcal Mediterranean salad 657 kcal; Jacket potato 774 kcal Chips 1061 kcal	soft drink* <b>13.59</b> each	alcoholic drink* <b>15.35</b> each
<b>Gourmet 8oz sirloin steak</b> Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 785 kcal Mediterranean salad 915 kcal; Jacket potato 1032 kcal Chips 1320 kcal Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal) Jack Daniel's® Tennessee Honey glaze <span>🌱</span> (87 kcal) <b>1.82</b> each	soft drink* <b>15.94</b> each	alcoholic drink* <b>17.70</b> each

<b>Below meals are served with peas, tomato and mushroom.</b>	soft drink* <b>12.42</b>	alcoholic drink* <b>14.18</b>
<b>BBQ chicken melt</b> Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad <span>5%</span> 609 kcal; Mediterranean salad 739 kcal Jacket potato <span>5%</span> 856 kcal; Chips 1143 kcal		
<b>Mixed grill</b>	<b>14.23</b>	<b>15.99</b>
Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad		