

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal) 34p	4.46		
Small bowl of chips	602 kcal	2.71		
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		
Coleslaw	399 kcal	1.40		
Sliced chillies	3 kcal	88p		
Chicken gravy	50 kcal	94p		
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread	8* 386 kcal	4.64	11* 772 kcal	5.80
With cheese	8* 473 kcal	5.21	11* 922 kcal	6.68

Desserts

NEW Salted caramel sticky toffee pudding	5.22
Vanilla ice cream 877 kcal or custard 741 kcal	
NEW Millionaire's shortbread	4.09 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.⁸

BREAKFAST

Large breakfast 1343 kcal	7.09
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	5.41
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast 500 435 kcal	4.84
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal	4.84
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast 1129 kcal	7.09
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast 786 kcal	5.41
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast 500 291 kcal	4.84
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast 642 kcal	5.01
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
American breakfast 1258 kcal	7.09
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
Small American breakfast 629 kcal	5.22
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	
Porridge 500 252 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	1.57	Baked beans 126 kcal	93p
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms 100 kcal	93p
Vegan sausage 82 kcal	1.05	Two scrambled eggs 136 kcal	1.63	Two grilled tomato halves 16 kcal	52p
Slice of toast 225 kcal	1.13	Fried egg 56 kcal	93p	Grilled halloumi-style cheese 447 kcal	1.97
Hash brown 82 kcal	46p	Poached egg 63 kcal	93p		

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.13
Sausage butty 714 kcal	4.13
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty 541 kcal	4.13
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread 500 435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*	
Egg & cheese muffin 500 249 kcal	3.54
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin 500 314 kcal	4.01
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin 500 417 kcal	4.01
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin 500 330 kcal	4.01
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 500 482 kcal	4.23
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin 500 271 kcal	4.23
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. *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

NEW Fiesta brunch 659 kcal	4.13
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	
Eggs Benedict 725 kcal	5.57
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict 638 kcal	5.57
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	5.57
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. 500 708 kcal	5.22
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	5.22
Four pancakes, maple-flavour syrup. 500 554 kcal	4.52
Small American-style pancakes	
Two pancakes, maple-cured bacon, maple-flavour syrup. 500 322 kcal	3.77
Two pancakes, maple-flavour syrup. 500 277 kcal	3.47
Scrambled egg on toast 570 kcal	4.01
Three eggs, buttered white bloomer toast	
Beans on toast 500 566 kcal. Buttered white bloomer toast	3.88
NEW Vegan option available with vegan spread 500 460 kcal	
Small beans on toast 500 252 kcal	2.84
Buttered white bloomer toast	
Two slices of toast with jam or marmalade 524 kcal	2.69
White bloomer bread	
Fresh fruit 500 200 kcal	3.88
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt 500 334 kcal	4.84
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Breakfast wrap 724 kcal	4.59
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap 735 kcal	4.59
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 TORINO, ITALIA 1895	
100% ARABICA BEANS	
100% CAFE	
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.	

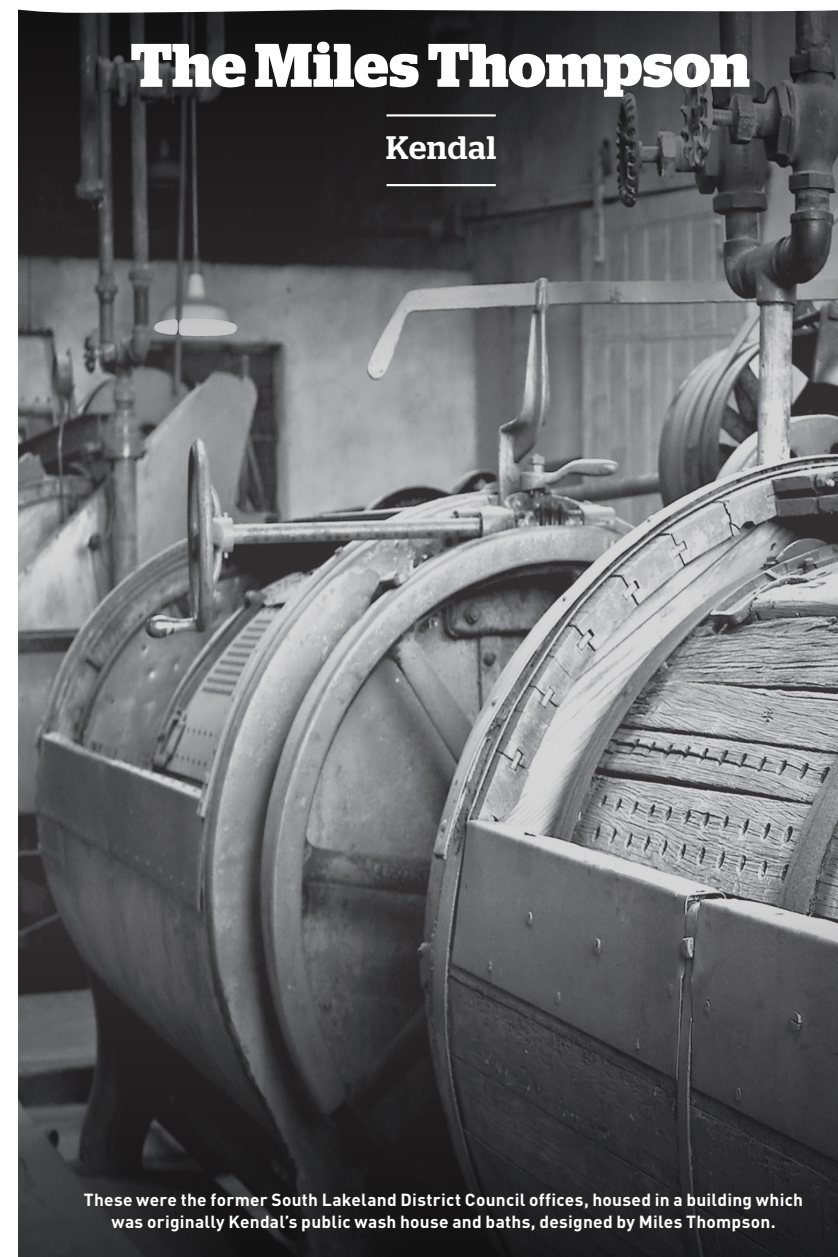
for the facts
drinkaware.co.uk

jdetherspoon.com

STD

FOOD

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



The Miles Thompson

Kendal

These were the former South Lakeland District Council offices, housed in a building which was originally Kendal's public wash house and baths, designed by Miles Thompson.



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 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.⁸


MENU_2718

Small plates | Any 3 for £14.93




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

Margherita  <small>USDA 500</small> 467 kcal. Mozzarella, basil	6.14
Pepperoni  575 kcal. Mozzarella, pepperoni	6.74
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.74
BBQ chicken 555 kcal	6.74
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable  514 kcal	6.74
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
Vegan roasted vegetable  <small>USDA 5%</small> <small>USDA 500</small> 355 kcal	6.74
Mushroom, roasted pepper, courgette, onion, basil	
Spicy meat feast    615 kcal	7.33
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	

NEW Char-grilled halloumi-style cheese  514 kcal	5.19
Rocket, roasted pepper, courgette, onion, salsa	
11" garlic pizza bread  772 kcal	5.80
Nachos     695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.03
Bowl of chips  964 kcal	4.46
Bowl of chips with curry sauce  1082 kcal	5.81
Cheesy chips  1256 kcal	5.58
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.26
Tomato & basil soup  <small>USDA 5%</small> <small>USDA 500</small> 374 kcal. White bloomer bread	4.46

















NEW Vegan option available with vegan spread  USDA 5% USDA 300 285 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>USDA 5%</small> <small>USDA 300</small> 396 kcal	5.19
Chicken bites <small>USDA 500</small> 322 kcal. Ten battered chicken breast pieces	6.31
Southern-fried chicken strips  <small>USDA 500</small> 459 kcal. Five chicken breast strips	6.31
Chicken wings    813 kcal. Ten spicy chicken wings	6.99
Quorn™ nuggets  <small>USDA 500</small> 331 kcal. Eight coated pieces	5.41











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	3.29 each
Fried egg, two vegan sausages, Cheddar cheese	
Small shawarma chicken    502 kcal	soft drink*
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	4.38 each
Small Quorn™ nuggets  <small>USDA 500</small> 310 kcal	
Salad leaves, tomato, cucumber, salsa	alcoholic drink*
Small southern-fried chicken    <small>USDA 500</small> 399 kcal	5.91 each
Salad leaves, smoky chipotle mayo	
Small cold chicken breast    <small>USDA 500</small> 277 kcal	
Salad leaves, sweet chilli sauce	
Small fried halloumi-style cheese    <small>USDA 500</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  <small>USDA 500</small> 308 kcal. Tomato, cucumber, salsa	
Southern-fried chicken    609 kcal	
Salad leaves, smoky chipotle mayo	
Cold chicken breast    479 kcal	soft drink*
Salad leaves, sweet chilli sauce	5.92 each
Fried halloumi-style cheese    707 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink*
	7.45 each

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.⁸

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*
Classic beef burger 677 kcal	5.70 each
Iceberg lettuce, tomato, red onion	alcoholic drink*
Skinny beef burger <small>USDA 300</small> 375 kcal	7.23 each
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	

American cheese burger 730 kcal	soft drink*	6.27
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*	7.80


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*
Double classic beef burger 1119 kcal	7.95 each
Iceberg lettuce, tomato, red onion	alcoholic drink*
	9.48 each

Double American cheese burger 1207 kcal	soft drink*	8.53
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*	10.06

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below).

Crunchy chicken strip burger  776 kcal	soft drink*	5.70
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink*	7.23

Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1255 kcal	
Breaded whole chicken breast fillet	soft drink*
Char-grilled chicken breast burger 970 kcal	7.95 each
Skinny chicken burger <small>USDA 500</small> 394 kcal	alcoholic drink*
Char-grilled chicken breast, with a side salad, instead of chips	9.48 each

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*
Breaded vegetable burger  1039 kcal	7.95 each
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink*
Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce	9.48 each












Just-a-burger

Served on its own, without chips or a drink.
















American burger <small>USDA 300</small> 367 kcal	
Red onion, gherkin, ketchup, American-style mustard	soft drink*
Crunchy chicken strip burger  <small>USDA 500</small> 447 kcal	7.95 each
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink*
	9.48 each

Curries

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

Mangalorean roasted cauliflower & spinach curry   <small>USDA 5%</small> 927 kcal	
Chicken tikka masala   1190 kcal	soft drink*
Chicken jalfrezi   <small>USDA 5%</small> 935 kcal	10.08 each
Beef Madras     1043 kcal	alcoholic drink*
	11.61 each
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*
Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	7.84 each
Simple chicken jalfrezi    935 kcal	alcoholic drink*
Choose: Basmati pilau rice  575 kcal; Chips 977 kcal	9.37 each
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 <small>USDA 5%</small> 542 kcal	
Sliced char-grilled chicken breast	soft drink*
Katsu Quorn™ nugget curry  686 kcal	8.96 each
Eight coated pieces	alcoholic drink*
Katsu chicken curry 828 kcal	10.49 each
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*
	10.17 each

Tennessee burger	
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	soft drink*
Choose: Beef (two 3oz beef patties) 1567 kcal	10.17 each
Char-grilled chicken breast 1417 kcal	alcoholic drink*
Fried buttermilk chicken 1703 kcal	11.70 each


BBQ burger

Maple-cured bacon, Cheddar cheese, BBQ sauce	soft drink*
Choose: Beef (two 3oz beef patties) 1644 kcal	10.17 each
Char-grilled chicken breast 1494 kcal	alcoholic drink*
Fried buttermilk chicken 1780 kcal	11.70 each

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

Triple American cheese & bacon burger 1770 kcal	soft drink*	11.60
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*	13.13

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*
Coleslaw, garlic & herb dip	11.07 each
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	
Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	
Hot and spicy    Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*
Coleslaw, Naga chilli dip	12.60 each
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	soft drink*
Boneless basket  894 kcal	8.91 each