

## 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
<b>NEW</b> 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	3.50

## Desserts

<b>NEW</b> Salted caramel sticky toffee pudding	4.99
Vanilla ice cream	877 kcal or custard 741 kcal
<b>NEW</b> 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	
Vanilla ice cream	673 kcal or custard 537 kcal
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	

# BREAKFAST

Large breakfast	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
Freedom breakfast	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	4.99
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	3.88
Sausage butty	714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	3.88
Two vegan sausages, buttered white bloomer bread		
<b>NEW</b> Vegan option available with vegan spread	435 kcal	

## Breakfast muffin deal

<b>Includes tea, coffee or hot chocolate. Free refills*</b>		
Egg & cheese muffin	249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	271 kcal	4.01
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: [jdwetherspoon.com](http://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

<b>NEW</b> Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
<b>NEW</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup	708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup	645 kcal	4.99
Four pancakes, maple-flavour syrup	554 kcal	4.30
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup	322 kcal	3.54
Two pancakes, maple-flavour syrup	277 kcal	3.25
Scrambled egg on toast	570 kcal	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	3.66
<b>NEW</b> 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	2.47
White bloomer bread		
Fresh fruit	200 kcal	3.66
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

Breakfast wrap	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

## Tea, coffee and hot chocolate

<b>FREE REFILLS*</b>	
TEA, COFFEE AND HOT CHOCOLATE	
— ALL DAY EVERY DAY —	
<b>LAVAZZA</b>	
<b>£1.56</b> each	
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.	
<b>Biscuits</b>	
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](http://drinkaware.co.uk)

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

XSTD

# FOOD

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

## The Three Fishes

Worthing



Number 56 Chapel Road had previously been Worthing Corporation Electricity Board Showrooms. On the front of the building (above the first-floor central window) is a blue emblem with three fishes, part of Worthing Corporation's coat of arms. It was placed there when the premises (part of Stirling Chambers) were built in c1937.



## 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

<p><b>FOOD HYGIENE RATING</b></p> <p>1 2 3 4 5</p> <p>5</p>	<p><b>Food hygiene rating</b></p> <p>We have been awarded the maximum food hygiene rating of 5 in our pub.</p>	<p><b>CERTIFIED SUSTAINABLE SEAFOOD MSC</b></p> <p><a href="http://www.msc.org">www.msc.org</a></p>	<p><b>Sustainable fish</b></p> <p>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.</p>
<p><b>100% UK AND IRISH BEEF</b></p>	<p><b>100% UK and Irish beef</b></p> <p>From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.</p>	<p><b>RSPCA ASSURED</b></p> <p>CERTIFICATION MARK</p>	<p><b>Free-range eggs</b></p> <p>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.</p>

<b>Breakfast</b>	Traditional breakfast
8am - 12 noon	£4.99

<b>Tea, coffee and hot chocolate</b>	
<b>Free refills</b>	£1.56 each

## Deli Deals

INCLUDES A DRINK

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

### £3.08

soft drink*	alcoholic drink*
<b>£4.11</b>	<b>£5.64</b>

## Burger meals

INCLUDES A DRINK

Featuring 3oz American burger

soft drink*	alcoholic drink*
<b>£5.44</b>	<b>£6.97</b>

## Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink*	alcoholic drink*
<b>£6.09</b>	<b>£7.62</b>

## Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink*	alcoholic drink*
<b>£9.67</b>	<b>£11.20</b>

## Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink*	alcoholic drink*
<b>£7.91</b>	<b>£9.44</b>

**INCLUDES A DRINK**

**Choose from over 150 drinks**

<p><b>LAVAZZA</b></p> <p>TORINO, ITALY, 1895</p> <p>100% ARABICA BEANS</p>	<p><b>Coffee</b></p> <p>The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.</p>
<p><b>OUT TO LUNCH</b></p> <p>soil Association</p>	<p><b>Award-winning children's menu</b></p> <p>Best children's meals (first place) Independently run 'secret diner' survey.</p>
<p><b>FOOD MILE GOOD</b></p> <p>2024 - 2026</p>	<p><b>Sustainable Restaurant Association</b></p> <p>Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.</p>

<p>wetherspoon hotels</p> <p>Over 50 hotels in England, Ireland, Scotland and Wales</p> <p><b>Book direct for the best rates*</b></p> <p>at <a href="http://jdwetherspoon.com">jdwetherspoon.com</a>, on our app or by phone.</p>	<p>UNLIMITED</p> <p><b>FREE Wi-Fi</b></p>
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**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.<sup>8</sup>

### 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](http://www.msc.org)

**Adults need around 2000 kcal a day.<sup>8</sup>**

MENU\_6307



## Small plates | Any 3 for £14.93

<b>NEW</b> Char-grilled halloumi-style cheese <span>✓</span> 514 kcal	<b>4.96</b>
Rocket, roasted pepper, courgette, onion, salsa	
<b>Nachos</b> <span>🔥🔥🔥</span> <span>✓</span> 695 kcal	<b>5.81</b>
Cheese, guacamole, salsa, sour cream, sliced chillies	
<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>5.58</b>
<b>Cheesy chips</b> <span>✓</span> 1256 kcal	<b>5.41</b>
<b>Loaded chips</b> 1303 kcal	<b>6.03</b>
Cheese, maple-cured bacon, sour cream	
<b>Tomato &amp; basil soup</b> <span>✓</span> <span>🔥500</span> 374 kcal	<b>4.23</b>
White bloomer bread	
<b>NEW</b> Vegan option available with vegan spread <span>🌿</span> <span>🔥500</span> 285 kcal	

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>🔥500</span> 396 kcal	<b>4.96</b>
<b>Chicken bites</b> <span>🔥🔥🔥</span> 322 kcal	<b>6.09</b>
Ten battered chicken breast pieces	
<b>Southern-fried chicken strips</b> <span>🔥</span> <span>🔥500</span> 459 kcal	<b>6.09</b>
Five chicken breast strips	
<b>Chicken wings</b> <span>🔥🔥🔥</span> 813 kcal	<b>6.75</b>
Ten spicy chicken wings	
<b>Quorn™ nuggets</b> <span>🌿</span> <span>🔥500</span> 331 kcal	<b>5.19</b>
Eight coated pieces	

## Deli Deals INCLUDES A DRINK 🍷🍹

All wraps and paninis are freshly made to order.

<b>NEW</b> 10" wraps A smaller wrap and filling.	
<b>Small brunch wrap</b> 559 kcal	
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	
<b>Small vegetarian brunch wrap</b> <span>✓</span> 545 kcal	just-a-wrap, without a drink <b>3.08</b> each
Fried egg, two vegan sausages, Cheddar cheese	
<b>Small shawarma chicken</b> <span>🔥🔥🔥</span> 502 kcal	soft drink* <b>4.11</b> each
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
<b>Small Quorn™ nuggets</b> <span>🌿</span> <span>🔥500</span> 310 kcal	alcoholic drink* <b>5.64</b> each
Salad leaves, tomato, cucumber, salsa	
<b>Small southern-fried chicken</b> <span>🔥🔥🔥</span> <span>🔥500</span> 399 kcal	
Salad leaves, smoky chipotle mayo	
<b>Small cold chicken breast</b> <span>🔥🔥</span> <span>🔥500</span> 277 kcal	
Salad leaves, sweet chilli sauce	
<b>Small fried halloumi-style cheese</b> <span>🔥🔥</span> <span>🔥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)	each <b>1.03</b>

## 12" wraps

<b>NEW</b> Shawarma chicken <span>🔥🔥🔥</span> 719 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
<b>Quorn™ nuggets</b> <span>🌿</span> <span>🔥500</span> 508 kcal	soft drink* <b>5.70</b> each
Tomato, cucumber, salsa	
<b>Southern-fried chicken</b> <span>🔥🔥🔥</span> 609 kcal	alcoholic drink* <b>7.23</b> each
Salad leaves, smoky chipotle mayo	
<b>Cold chicken breast</b> <span>🔥🔥</span> <span>🔥500</span> 479 kcal	
Salad leaves, sweet chilli sauce	
<b>Fried halloumi-style cheese</b> <span>🔥🔥</span> <span>✓</span> 707 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber	

## Paninis

<b>Tuna mayo and Cheddar cheese</b> 590 kcal	
<b>Cheddar cheese and tomato</b> <span>✓</span> 527 kcal	
<b>Wiltshire cured ham and Cheddar cheese</b> 508 kcal	
<b>BBQ chicken, bacon and Cheddar cheese</b> 586 kcal	
Add: Side salad <span>🌿</span> (91 kcal); Tomato & basil soup <span>🌿</span> (150 kcal)	
Spicy rice <span>🌿</span> (208 kcal); Chips <span>🌿</span> (602 kcal)	each <b>1.44</b>

Adults need around 2000 kcal a day.<sup>§</sup>

## 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	
<b>Classic beef burger</b> 677 kcal	soft drink* <b>5.44</b> each
Iceberg lettuce, tomato, red onion	alcoholic drink* <b>6.97</b> each
<b>Skinny beef burger</b> <span>🔥500</span> 375 kcal	
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	
<b>American cheese burger</b> 730 kcal	soft drink* <b>6.04</b>
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* <b>7.57</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	
<b>Double classic beef burger</b> 1119 kcal	soft drink* <b>7.73</b> each
Iceberg lettuce, tomato, red onion	alcoholic drink* <b>9.26</b> each
<b>Double American cheese burger</b> 1207 kcal	soft drink* <b>8.30</b>
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* <b>9.83</b>

<b>Chicken burgers</b> Served with a small portion of chips (329 kcal, included in the Calories below).	
<b>Crunchy chicken strip burger</b> <span>🔥</span> 776 kcal	soft drink* <b>5.44</b>
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink* <b>6.97</b>

Served with chips (602 kcal, included in Calories below).	
<b>Fried buttermilk chicken burger</b> 1255 kcal	
Breaded whole chicken breast fillet	
<b>Char-grilled chicken breast burger</b> 970 kcal	soft drink* <b>7.73</b> each
<b>Skinny chicken burger</b> <span>🔥</span> <span>🔥500</span> 394 kcal	alcoholic drink* <b>9.26</b> each
Char-grilled chicken breast, with a side salad, instead of chips	

<b>Meat-free burgers</b> Served with chips (602 kcal, included in Calories below).	
<b>Beyond Burger™</b> <span>🌿</span> 1043 kcal	
<span>🌿</span> BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	
<b>Breaded vegetable burger</b> <span>✓</span> 1039 kcal	soft drink* <b>7.73</b> each
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* <b>9.26</b> each
<b>Fried halloumi-style cheese burger</b> <span>🔥🔥</span> <span>✓</span> 1118 kcal. Sweet chilli sauce	
<b>Just-a-burger</b> Served on its own, without chips or a drink. each <b>3.36</b>	
<b>American burger</b> <span>🔥500</span> 367 kcal	
Red onion, gherkin, ketchup, American-style mustard	
<b>Crunchy chicken strip burger</b> <span>🔥</span> <span>🔥500</span> 447 kcal	
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	

## Curries INCLUDES A DRINK 🍷🍹

<b>Classic curries</b> With basmati pilau rice, plain naan and poppadums.	
<b>Mangalorean roasted cauliflower &amp; spinach curry</b> <span>🔥🔥</span> <span>🌿</span> <span>🔥500</span> 927 kcal	
<b>Chicken tikka masala</b> <span>🔥🔥</span> 1190 kcal	soft drink* <b>9.84</b> each
<b>Chicken jalfrezi</b> <span>🔥🔥🔥</span> <span>🔥500</span> 935 kcal	alcoholic drink* <b>11.37</b> each
<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>	

<b>Simple curries</b> With basmati pilau rice or chips.	
<b>Simple Mangalorean roasted cauliflower &amp; spinach curry</b> <span>🔥🔥</span> <span>🌿</span>	
Choose: Basmati pilau rice <span>🔥500</span> 568 kcal; Chips 970 kcal	
<b>Simple chicken tikka masala</b> <span>🔥🔥</span>	soft drink* <b>7.62</b> each
Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	alcoholic drink* <b>9.15</b> each
<b>Simple chicken jalfrezi</b> <span>🔥🔥🔥</span>	
Choose: Basmati pilau rice <span>🔥500</span> 575 kcal; Chips 977 kcal	
<b>Simple beef Madras</b> <span>🔥🔥🔥🔥</span>	
Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	
Add: One vegetable samosa and two onion bhajis <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>🔥</span> <span>🔥500</span> 542 kcal	
Sliced char-grilled chicken breast	
<b>Katsu Quorn™ nugget curry</b> <span>🌿</span> 686 kcal	soft drink* <b>8.73</b> each
Eight coated pieces	alcoholic drink* <b>10.26</b> each
<b>Katsu chicken curry</b> 828 kcal	
Sliced whole breaded chicken breast fillet	

## Gourmet burgers

Served with chips, six onion rings (871 kcal, included in Calories below).	
<b>Ultimate burger</b> 1656 kcal	
Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	
<b>Tennessee burger</b> 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	

<b>BBQ burger</b> 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	
<b>Heatwave burger</b> <span>🔥🔥🔥</span> 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	

<b>Fiesta burger</b> <span>🌿</span> 1380 kcal	
<span>🌿</span> BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion	

<b>Triple American cheese &amp; bacon burger</b> 1770 kcal	soft drink* <b>11.38</b>
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* <b>12.91</b>

<b>Additional toppings and burger patties</b>	
<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>Breaded vegetable patty</b> <span>✓</span> 257 kcal	
<b>Fried halloumi-style cheese</b> <span>✓</span> 298 kcal	
<span>🌿</span> BEYOND MEAT patty <span>🌿</span> 184 kcal	

## Chicken INCLUDES A DRINK 🍷🍹

<b>Chicken on the bone is marinated, slow cooked and finished on the char-grill.</b>	
<b>Peri-peri char-grilled half chicken</b>	
<b>Lemon and herb</b> <span>🔥</span> Char-grilled in a lemon & herb glaze	
Coleslaw, garlic & herb dip	soft drink* <b>10.83</b> each
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	
Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	
<b>Hot and spicy</b> <span>🔥🔥🔥</span> Char-grilled in a Naga chilli & citrus glaze	alcoholic drink* <b>12.36</b> each
Coleslaw, Naga chilli dip	
Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	
Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal	
<b>Char-grilled half chicken, mash and gravy</b> 818 kcal	
Lemon & herb chicken, peas, chicken gravy	

<b>Chicken baskets</b>	
<b>Chicken wing basket</b> <span>🔥🔥🔥</span> Eight wings, coleslaw, Naga chilli dip	
Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal	
<b>Boneless basket</b> <span>🔥</span>	soft drink* <b>8.68</b> each
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	alcoholic drink* <b>10.21</b> each
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	
<b>Chicken bites basket</b>	
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	
Choose: Side salad 623 kcal; Spicy rice <span>🔥500</span> 763 kcal; Chips 1157 kcal	
<b>Southern-fried chicken strips basket</b> <span>🔥</span>	
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	
Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal	
<b>Quorn™ 'no chicken' nuggets basket</b> <span>🔥🔥</span> <span>✓</span>	
Eight coated pieces, coleslaw, sweet chilli sauce	
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal	
Add: Chicken gravy (50 kcal) <b>94p</b>	

## Small pub classics INCLUDES A DRINK 🍷🍹

<b>Fish and chips</b>	soft drink* <b>7.84</b>	alcoholic drink* <b>9.37</b>
<b>Small freshly battered cod and chips</b> <span>🌿</span>		
Peas 681 kcal or mushy peas 739 kcal		
<b>Small Whitby breaded scampi</b>	<b>7.84</b>	<b>9.37</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>🔥500</span> 455 kcal	<b>6.61</b>	<b>8.14</b>
One slice of Wiltshire cured ham, fried egg		
<b>Small all-day brunch</b> 681 kcal	<b>6.91</b>	<b>8.44</b>
Lincolnshire sausage, bacon, fried egg, baked beans, chips		
Add: Black pudding (178 kcal) <b>75p</b>		
<b>Small vegetarian all-day brunch</b> <span>✓</span> 611 kcal	<b>6.91</b>	<b>8.44</b>
Two vegan sausages, fried egg, baked beans, chips		

## Afternoon deal

Mon - Fri, 2pm - 5pm  
Choose from the above small pub classic meals.

soft drink* <b>6.09</b>	alcoholic drink* <b>7.62</b>
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## Pub classics INCLUDES A DRINK 🍷🍹

<b>Fish and chips</b>	soft drink* <b>10.08</b>	alcoholic drink* <b>11.61</b>
<b>Freshly battered cod and chips</b> <span>🌿</span>		
Peas 1240 kcal or mushy peas 1298 kcal		
<b>Whitby breaded scampi</b>	<b>10.08</b>	<b>11.61</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>9.72</b>	<b>11.25</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	<b>9.72</b>	<b>11.25</b>
Two fried eggs, three vegan sausages, baked beans, chips		
<b>Steak &amp; kidney pudding</b> Peas, onion & red wine gravy	<b>8.32</b>	<b>9.85</b>
Choose: Mashed potato 963 kcal; Chips 1279 kcal		
<b>Bangers and mash</b> 894 kcal	<b>8.32</b>	<b>9.85</b>
Three Lincolnshire sausages, peas, onion & red wine gravy		
<b>Vegetarian bangers and mash</b> <span>✓</span> 635 kcal	<b>8.32</b>	<b>9.85</b>
Three vegan sausages, peas, onion & red wine gravy		
<b>Wiltshire cured ham, eggs and chips</b> 856 kcal	<b>7.73</b>	<b>9.26</b>
Two slices of Wiltshire cured ham, two fried eggs		
<b>Sausages, chips and beans</b> 1170 kcal	<b>7.73</b>	<b>9.26</b>
Three Lincolnshire sausages		
<b>Vegan sausages, chips and beans</b> <span>🌿</span> 910 kcal	<b>7.73</b>	<b>9.26</b>
Three vegan sausages		
<b>NEW</b> Chilli bean non-carne <span>🔥</span> <span>🌿</span> <span>🔥500</span> 635 kcal	<b>8.32</b>	<b>9.85</b>
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips		

## Afternoon deal

Mon - Fri, 2pm - 5pm  
Choose from the above pub classic meals.

soft drink* <b>7.27</b>	alcoholic drink* <b>8.80</b>
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## Jacket potatoes INCLUDES A DRINK 🍷🍹

<b>With side salad and one filling. Extra fillings 1.22 each.</b>	
<b>Tuna mayo</b> 592 kcal; <b>Coleslaw</b> <span>✓</span> 559 kcal	
<b>Cheese</b> <span>✓</span> 512 kcal	soft drink* <b>6.85</b> each
<b>Baked beans</b> <span>🌿</span> <span>🔥500</span> 482 kcal	alcoholic drink* <b>8.38</b> each
<b>Chilli bean non-carne</b> <span>🔥</span> <span>🌿</span> <span>🔥500</span> 442 kcal	
<b>Roasted vegetables</b> <span>🌿</span> <span>🔥500</span> 383 kcal	

## 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>	soft drink* <b>11.25</b> each	alcoholic drink* <b>12.78</b> each
Choose: Side salad 526 kcal		
Mediterranean salad 6		