#### Sides and extras 4.23 Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal Five chicken wings **FFF** 407 kcal 3.34 2.99 NEW Five chicken breast bites 161 kcal 4.99 Eight Whitby breaded scampi 464 kcal Grilled halloumi-style cheese V 447 kcal 1.97 3.22 Mediterranean side salad @ 198 kcal Sliced chillies FFFF @ 3 kcal a88 Peas 133 kcal Mushy peas V 248 kcal 94p Side salad @ 91 kcal 2.29 **Coleslaw 399** kcal **1.40** 94p Chicken gravy 50 kcal Roasted vegetables @ 135 kcal 1.53 Six 269 kcal 2.33 Twelve 538 kcal 3.50 Onion rings 🕖 Garlic pizza bread 💟 8" 386 kcal 4.40 11" 772 kcal 5.57 With cheese V **8**" 473 kcal 4.98 11" 922 kcal 6.44

With cheese	<b>0</b> 470 Kcat	4.70	• • • • • • • • • • • • • • • • • • • •	722 Rout	0.44
Desserts					
NEW 11" sharing des Banana, strawberries, chocola			ı chocolate	sauce	5.99
NEW Chocolate & sal Chocolate biscuit base, choco Vanilla ice cream 746 kcal	late & salted ca	ramel filling	al		5.33
Vanita ice cream 374 kcal or o Vanitla ice cream 877 kcal or o	sticky toffe	ee pudding			4.99
Millionaire's shortbro Two vanilla ice cream scoops, si			te sauce, to	ffee sauce	2.17
Vanilla ice cream V Two scoops, toffee sauce, Bel		sauce			1.82
Cookie crunch V Two vanilla ice cream scoops,		ie, Belgian choc	olate sauce	)	1.82
<b>Mini warm chocolate</b> Belgian chocolate sauce, vani	_	435 kcal			2.98
Mini warm cookie doo Salted caramel filling, toffee s			1 kcal		2.98
<b>Mini American-style</b> Two pancakes, maple-flavour			l		3.54
Fresh fruit V 5% 5000 4 Apple, banana, blueberries, st		illa ice cream			4.56
Warm chocolate fudg	j <b>e cake </b> 90	19 kcal. Vanilla id	ce cream		5.33
Warm chocolate brown Belgian chocolate sauce, vani		cal			5.33
Warm cookie dough so Salted caramel filling, toffee so					5.33
<b>British Bramley appl</b> Vanilla ice cream <b>♥</b> 673 kcal,		nm 🥏 628 kcal o	r custard 🝕	3537 kcal	5.62
American-style pand Four pancakes, maple-flavour					4.99

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

While we have procedures for segregating

kitchen and har service may involve shared

preparation within meals and drinks,

preparation/cooking areas. If you have

any specific food/drinks allergen needs

please inform us when ordering; we will

meal safely, although cannot guarantee

completely allergen-free environments or

products. Staff cannot offer specific advice

take reasonable steps to prepare your

#### 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 ustomer information screen to filter menus by specific dietary requirements,

- Exclude those dishes containing certain

- Set Calorie and carbohydrate limits. List only yegan or yegetarian dishes.

or recommendations beyond our published • See full lists of ingredients allergen communications. Swapping items may result in changes to allergens

## DIETARY SYMBOLS

= Very mild = Mild = Medium hot = Very hot = Extremely hot Vegetarian Vegan 5% fat or less 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.§

Miner's Benedict 939 kcal

American-style pancakes

maple-flavour syrup. V 🚳 708 kcal

Hollandaise sauce, rocket

Two poached eggs, on an English muffin, with black pudding,

Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal

Beans on toast V 🚳 566 kcal. Buttered white bloomer toast

Two slices of toast with jam or marmalade V 524 kcal

Vegan option available with vegan spread @ 53 (1988) 460 kcal

NEW Fresh fruit and yoghurt V 58 (588) 334 kcal

Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal

NEW Four pancakes, banana, strawberries, blueberries,

Four pancakes, maple-flavour syrup. V 🚳 554 kcal

Two pancakes, maple-flavour syrup. V 500 277 kcal

Small American-style pancakes

Scrambled egg on toast V 570 kcal

Small beans on toast V 58 555 252 kcal

Three eggs. buttered white bloomer toast

Fresh fruit @ 532 (1887) 200 kcal

Apple, banana, blueberries, strawberries

Buttered white bloomer to as

White bloomer bread

46p

1.05

93p

93p

1.63

1.57

1.52

93p

52p

1.97

3.88

3.88

3.88

4.36

4.36

3.31

3.77

3.77

3.77

4.01

4.01

raps

BREAKF	A	Served 8am - 12 noon
Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans,	6.59	Breakfast extras
three hash browns, mushroom, two slices of toast  Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	4.99	Add any of the following:  Black pudding 178 kcal  Lincolnshire sausage 168 kcal  1.05  Vegan sausage @ 82 kcal
Small breakfast 35 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown Add: Black pudding (178 kcal) <b>75p</b>	4.45	Slice of toast © 225 kcal  Fried egg © 56 kcal  Two scrambled eggs © 136 kcal  Two rashers of back bacon 131 kcal
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Four rashers of maple-cured bacon 91 kcal Two mushrooms @ 100 kcal
Large vegetarian breakfast 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59	Two grilled tomato halves <b>②</b> 16 kcal Grilled halloumi-style cheese <b>♡</b> 447 kcal
Vegetarian breakfast ♥ 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Breakfast butties and wrap  Bacon butty 574 kcal
Small vegetarian breakfast ♥ ፡ 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	4.45	Three rashers of bacon, buttered white bloomer bread  Sausage butty 714 kcal
Vegan breakfast @ 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Two Lincolnshire sausages, buttered white bloomer bread  Vegetarian sausage butty ♥ 541 kcal  Two vegan sausages, buttered white bloomer bread
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	6.85	Vegan option available with vegan spread @ \$\ \bigsim 435 kcal \\ \begin{align*} \begin{align*} \text{Breakfast wrap } 724 kcal \\ \text{Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese} \end{align*}
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	4.99	<b>Vegetarian breakfast wrap ♥</b> 735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese
Creamy jumbo oat porridge (new recipe: now contains gluten) 198 kcal (plain)	2.09	Breakfast muffin deal
Add: Banana @ (110 kcal) 62p: Maple-flavour syrup @ (125 kcal) 34p Strawberries @ (27 kcal) 62p: Blueberries @ (17 kcal) 62p Honey W (91 kcal) 34p: Sliced apple @ (46 kcal) 62p		Includes tea, coffee or hot chocolate. Free refills°  Egg & cheese muffin 👽 😘 249 kcal  Fried egg, American-style cheese, in an English muffin
Shakshuka  ♥ ▼ 547 kcal Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta	5.14	Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin
Add: Grilled halloumi-style cheese (447 kcal) 1.97  Maple-cured bacon (91 kcal) 1.52		Egg & sausage muffin (300) 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin
NEW Fiesta brunch    ✓ 659 kcal  Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom,	<b>3.88</b> salsa	Egg & vegetarian sausage muffin (1) (330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin
<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham,	5.14	Breakfast muffin 655 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muf Smashed avocado muffin 6 58 656 271 kcal
Hollandaise sauce, rocket  Mushroom Benedict ♥ 638 kcal	5.14	Guacamole, pico de gallo, on an English muffin, rocket
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		Add: Maple-cured bacon (91 kcal) <b>1.52</b> ; Poached egg <b>♥</b> (63 kcal) <b>93p</b> Grilled halloumi-style cheese <b>♥</b> (447 kcal) <b>1.97</b>

5.14

4.99

4.99

4.30

3.54

3.25

3.77

3.66

2.62

2.47

3.66

4.45

## Tea. coffee and hot chocolate

TEA, COFFEE AND **HOT CHOCOLATE** 

Add: Hash brown @ (82 kcal) 46p

- ALL DAY EVERY DAY -



LAVATIA (2) (20) (3)

Flat white **9** 92 kcal Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal Hot chocolate 169 kcal Tea

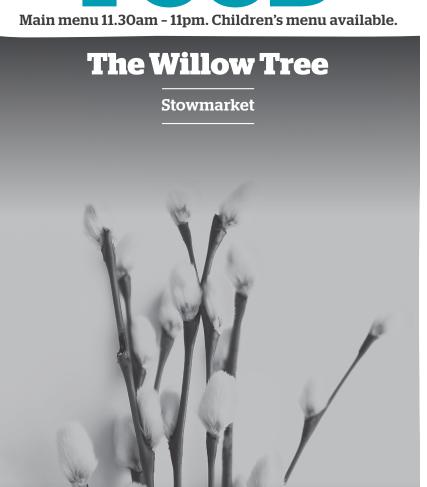
with semi-skimmed milk **V** 14 kcal Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available

## Biscuits

Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

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. J D 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, and 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 cannet

for the facts drinkaware.co.uk 🗟 jdwetherspoon.com ≥



The growing of willow twigs in Stowmarket led to the development of basket-making; this thrived until the early 20th century. The long flexible twigs, known as osiers, were grown in beds in various parts of the town. These premises housed the building firm Seaman's for nearly 100 years. Founded in 1912, by Octavius Seaman, the premises were acquired from a monumental and marble mason, who was first recorded on this site in 1839.



## 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**

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



### 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.

goodfoodtalks

The spoken menu app for the visually impaired

opening menus for everybody



8am - 12 noon

breakfast £4.99

**Traditional** 

Tea. coffee and £1.56 hot chocolate Free refills

## **Deli Deals** INCLUDES A DRINK

Featuring NEW small southern-fried chicken wrap

just-a-wrap, without a drink £3.08

soft drink\* £4.11

£5.64

alcoholic drink\*

# **Burger meals**

INCLUDES A DRINK

Featuring 3oz American burger soft drink\* alcoholic drink\*

£5.44 £6.97

## **Afternoon deals** INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips soft drink\* alcoholic drink\*

£6.09

£7.62

# Steak Club

INCLUDES A DRINK' •

**Tuesday 11.30am - 11pm** 

Featuring classic 8oz sirloin alcoholic drink<sup>\*</sup>

£9.67

£11.20

£9.44

### **Curry Club** INCLUDES A DRINK •

**Thursday 11.30am - 11pm** 

Featuring the katsu curry range soft drink\* alcoholic drink\*

£7.91

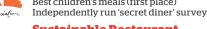
INCLUDES A DRINK' • Choose from over 150 drinks



LAVATIA Coffee
The freshly ground 100% Arabica Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms

# **Award-winning**







**Sustainable Restaurant** Association Awarded the highest rating in the world's



in 'sourcing, society and the environment'. wetherspoon hotels





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

# Small plates Anv 3 for £14.93

Siliali plates Ally Stol 114.55	
8" pizzas. Sourdough base — proved, stretched, topped and freshly baked to or Margherita © 650 467 kcal. Mozzarella, basil	der. 5.91 6.51
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket	
Pepperoni / 575 kcal. Mozzarella, pepperoni	6.51
<b>Ham and mushroom</b> 505 kcal. Mozzarella, ham, mushroom, rocket <b>BBQ chicken</b> 555 kcal. Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51 6.51
Roasted vegetable V 514 kcal	6.51
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	0.01
Roasted vegetable and vegan cheeze @ 50 116 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast /// 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
NEW Char-grilled halloumi-style cheese © 514 kcal Rocket, roasted pepper, courgette, onion, salsa	4.96
NEW Char-grilled tandoori chicken breast skewer	4.96
11" garlic pizza bread V 772 kcal	5.57
Nachos /// V 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Add: Spicy pulled chicken thigh / (249 kcal) 2.99	
Bowl of chips @ 964 kcal	4.23
NEW Shawarma-chicken-topped chips /// 1387 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces	6.03
Bowl of chips with curry sauce @ 1082 kcal	5.58
Cheesy chips V 1256 kcal	5.41
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup ♥ ॐ ॐ 374 kcal. White bloomer bread Vegan option available with vegan spread ② ॐ ॐ 285 kcal	4.23
With any of the small plates below, choose one dip:	
NEW Korean-style dip V 96 kcal; Sweet chilli  Maga chilli  Naga chilli	
Halloumi-style fries V 550 376 kcal	4.96
Chicken bites (500) 322 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips 500 459 kcal. Five chicken breast strips	
Chicken wings FFF 813 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets @ 5555 331 kcal. Eight coated pieces	5.19

## 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 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce				
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink			
Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese	3.08 each			
Small shawarma chicken FF 502 kcal				
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink*			
Small Quorn™ nuggets @ 555 310 kcal Salad leaves, tomato, cucumber, salsa	each			
Small southern-fried chicken /// (339 kcal Salad leaves, smoky chipotle mayo	alcoholic drink* <b>5.64</b>			
Small cold chicken breast // 🕸 📸 277 kcal Salad leaves, sweet chilli sauce	each			
Small fried halloumi-style cheese ♥️♥ ♥ 566 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber				

NEW Korean fried chicken 618 kcal

Iceberg lettuce, cucumber, coriander, Korean-style sauce

Shawarma chicken **FFF** 719 kcal. Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Southern-fried chicken **FFF** 609 kcal

Salad leaves, smoky chipotle mayo

Cold chicken breast 479 kcal Salad leaves, sweet chilli sauce

soft drink\* Fried halloumi-style cheese FF V 707 kcal 5.70 Salad leaves, sweet chilli sauce, tomato, cucumber each **Quorn**<sup>™</sup> **nuggets** Ø **5**08 kcal. Tomato, cucumber, salsa alcoholic drink\* 7.23

each

Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1.03 each

NEW Roasted vegetable and vegan cheeze @ 480 kcal Tuna mayo and Cheddar cheese 590 kcal

Cheddar cheese and tomato V 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.

11.46

Beef burgers One 3oz beef patty.		
erved with a small portion of chips (329 kcal, included in Calories below).  American burger 696 kcal	soft drink* <b>5.44</b>	
ed onion, gherkin, ketchup, American-style mustard	each	
Classic beef burger 677 kcal ceberg lettuce, tomato, red onion	alcoholic drink*	
Skinny beef burger 555 375 kcal	<b>6.97</b> each	
ceberg lettuce, tomato, red onion, with a side salad, instead of chips	Cucii	
	oft drink* 6.04 lic drink* 7.57	
Oouble beef burgers Two 3oz beef patties. erved with chips (602 kcal, included in Calories below).	soft drink* <b>7.73</b>	
Double American burger 1138 kcal	each	
led onion, gherkin, ketchup, American-style mustard <b>Double classic beef burger</b> 1119 kcal ceberg lettuce, tomato, red onion	alcoholic drink* <b>9.26</b> each	
	oft drink* 8.30 lic drink* 9.83	

**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 soft drink\* BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal alcoholic drink\*

Char-grilled chicken breast 1494 kcal; Fried buttermilk chicken 1780 kcal Heatwave burger Naga chilli mayo. American-style cheese, hash brown.

red onion, gherkin, ketchup, American-style mustard

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\* 11.38

Three 3oz beef patties, American-style cheese, maple-cured bacon, alcoholic drink\* 12.91

# CUTTIES INCLUDES A DRINK

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

Mangalorean roasted cauliflower & spinach curry // @ 329 927 kcal Chicken tikka masala // 1190 kcal soft drink\* alcoholic drink\* Chicken jalfrezi PPP 32935 kcal 9.84 11.37 Beef Madras // 1043 kcal

Change your plain naan to a garlic naan (V) (add 92 kcal) 47p

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry // @ Choose: Basmati pilau rice 53 568 kcal: Chips 970 kcal

Simple chicken tikka masala Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal

Simple chicken jalfrezi Choose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal Simple beef Madras

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 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 53 542 kcal Sliced char-grilled chicken breast Katsu Quorn™ nugget curry @ 686 kcal

Sliced whole breaded chicken breast fillet

Adults need around 2000 kcal a day.§

Eight coated pieces

Katsu chicken curry 828 kcal

soft drink\* alcoholic drink\* 8.73 10.26 each each

soft drink\* alcoholic drink\*

9.15

each

7.62

each

Choose: Side salad 623 kcal; Spicy rice 🚳 763 kcal; Chips 1157 kcal Southern-fried chicken strips basket / Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Side salad 748 kcal: Spicy rice 888 kcal: Chips 1282 kcal Quorn™ 'no chicken' nuggets basket **//** ∨ Eight coated pieces, coleslaw, sweet chilli sauce

Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 447 kcal

Additional toppings and burger patties

Cheddar cheese 
82 kcal

NEW Vegan cheeze @ 57 kcal

Crunchy chicken strip 92 kcal

BEYOND MEAT patty @ 184 kcal

courgette, onion, rocket, garlic & herb sauce

Chicken strips, chicken breast bites,

Coleslaw, garlic & herb dip

Coleslaw. Naga chilli dip

Chicken baskets

Boneless basket 🍠

Chicken bites basket

coleslaw BBO sauce

Fried halloumi-style cheese V 298 kcal

CITIC CETT INCLUDES A DRINK ...

762 kcal. Two skewers, basmati pilau rice, roasted pepper,

NEW Sticky Korean fried chicken bowl 961 kcal

chips tossed in a Korean-style sauce, coriander, sliced chillies

Lemon and herb **F** Char-grilled in a lemon & herb glaze

Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal

Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal

Lemon & herb chicken, peas, chicken gravy

Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal

Three southern-fried chicken strips, five chicken breast bites,

Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal

Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal

Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip

Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal

Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze

Char-grilled half chicken, mash and gravy 818 kcal

Peri-peri char-grilled half chicken

Chicken on the hone is marinated, slow cooked and finished on the char-nrill

NEW Char-grilled tandoori chicken breast skewers

Maple-cured bacon 91 kcal

American-style cheese V 69 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Maple-cured bacon with Cheddar cheese 173 kcal

Maple-cured bacon with American-style cheese 160 kcal

3oz beef patty 168 kcal; Char-grilled chicken breast 187 kcal

Fried buttermilk chicken 473 kcal; Breaded vegetable patty 257 kcal

gravy (50 kcal) 94p

Sourdough base - proved, stretched, topped and freshly baked to order. Chicken burgers soft drink\* Served with a small portion of chips (329 kcal, included in Calories below). soft drink\* alcoholic drink\* 5.44 Margherita V 934 kcal. Mozzarella, basil 8.68 NEW Korean crunchy chicken strip burger 712 kcal each Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce alcoholic drink\* NEW Spicy chicken 777 1374 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket Crunchy chicken strip burger **₱** 776 kcal 6.97 each Pepperoni 🖊 1151 kcal. Mozzarella, pepperoni Two southern-fried chicken strips, iceberg lettuce, mayonnaise soft drink\* Ham and mushroom 1011 kcal 9.84 Served with chips (602 kcal, included in Calories below). soft drink\* Mozzarella ham mushroom rocket Fried buttermilk chicken burger 1255 kcal 7.73 BBQ chicken 1097 kcal Breaded whole chicken breast fillet alcoholic drink\* each Mozzarella, BBQ sauce, chicken breast, red onion, rocket 11.37 Char-grilled chicken breast burger 970 kcal Roasted vegetable V 1028 kcal alcoholic drink\* each Skinny chicken burger 58 58 394 kcal 9.26 Mozzarella, mushroom, roasted pepper, courgette, onion, basil Roasted vegetable and vegan cheeze @ 53 829 kcal each Char-grilled chicken breast, with a side salad, instead of chips Mushroom, roasted pepper, courgette, onion, basil **Meat-free burgers** 11.02 soft drink\* Spicy meat feast **FFF** 1214 kcal Served with chips (602 kcal, included in Calories below). Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket 7.73 Beyond Burger<sup>™</sup> **1**043 kcal each BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce Additional toppings alcoholic drink\* Red onion 10 kcal; Sliced chillies 7777 3 kcal; Mushroom 4 kcal each 88p Breaded vegetable burger V 1039 kcal 9.26 Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, Garlic & herb dip @ 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal each mature Cheddar cheese Chicken breast 94 kcal; Maple-cured bacon 91 kcal each **1.15** Fried halloumi-style cheese burger / 🗸 🕠 1118 kcal. Sweet chilli sauce each **1.53** Pepperoni **//** 109 kcal; **Roasted vegetables ②** 90 kcal Just-a-burger Served on its own, without chips or a drink. NEW Korean crunchy chicken strip burger 🚳 383 kcal Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce 3.36 American burger 555 367 kcal

2 14

2.14

1.52

1.52

1.52

1.52

1.50

each 1.97

soft drink\*

8.68

each

alcoholic drink\*

10.21

each

soft drink\*

10.83

each

alcoholic drink

12.36

each

soft drink\*

8.68

each

alcoholic drink\*

10.21

each

Add: Chicken

# Small pub classics includes a drink of

11"DIZZAS INCLUDES A DRINK •

Small freshly battered cod and chips	soft drink* <b>7.84</b>	alcoholic drink <b>9.37</b>
Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	7.84	9.37
Add: Two slices of bread (404 kcal) 1.34 Chip shop-style curry sauce (118 kcal) 1.46	••••••	• • • • • • • • • • • • • • • • • • • •
Small Wiltshire cured ham, egg and chips 555 455 kcal One slice of Wiltshire cured ham, fried egg	6.61	8.14
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) <b>75p</b>	6.91	8.44
Small vegetarian all-day brunch © 611 kcal Two yegan sausages, fried egg, baked beans, chips	6.91	8.44

# Afternoon deal

Mon - Fri, 2pm - 5pm

soft drink\* alcoholic drink' 6.09 7.62

10.21

12.55

## Pub classics includes a drink

	soft drink*	alcoholic drink*
Freshly battered cod and chips 🔗	10.08	11.61
Peas 1240 kcal or mushy peas 1298 kcal		
Whitby breaded scampi	10.08	11.61
Chips, peas 1135 kcal or mushy peas 1192 kcal.		
Eight Whitby breaded scampi		
Add: Two slices of bread (404 kcal) 1.34		
Chip shop-style curry sauce (a) (118 kcal) 1.46		
All-day brunch 1245 kcal	9.72	11.25
Two fried eggs, bacon, two Lincolnshire sausages, baked beans	, chips	
Add: Black pudding (178 kcal) 75p		
Vegetarian all-day brunch V 1023 kcal	9.72	11.25
Two fried eggs, three vegan sausages, baked beans, chips		
Steak & kidney pudding Peas, onion & red wine gravy	8.32	9.85
Choose: Mashed potato 963 kcal; Chips 1279 kcal		
Bangers and mash 894 kcal	8.32	9.85
Three Lincolnshire sausages, peas, onion & red wine gravy  Vegetarian bangers and mash V 635 kcal	8.32	9.85
Three vegan sausages, peas, onion & red wine gravy	0.32	7.00
Wiltshire cured ham, eggs and chips 856 kcal	7.73	9.26
Two slices of Wiltshire cured ham, two fried eggs	7.75	7.20
Sausages, chips and beans 1170 kcal	7.73	9.26
Three Lincolnshire sausages		7125
Vegan sausages, chips and beans @ 910 kcal	7.73	9.26
Three vegan sausages		
NEW Chilli bean non-carne / @ 53 635 kcal	8.32	9.85
Red peppers, red kidney and black turtle beans, smoky chipotle	sauce, rice,	tortilla chips

# Afternoon deal

soft drink\* Mon - Fri, 2pm - 5pm 7.27

alcoholic drink 8.80

# 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 soft drink\* alcoholic drink Choose: Side salad 526 kcal 11.25 12.78 Mediterranean salad 657 kcal; Jacket potato 774 kcal each each Mashed potato 745 kcal; Chips 1061 kcal

Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce soft drink\* alcoholic drink Choose: Side salad 785 kcal 13.59 15.12 Mediterranean salad 915 kcal; Jacket potato 1032 kcal each each 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. soft drink\* 10.08 BBQ chicken melt Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad 53 609 kcal: Mediterranean salad 739 kcal Jacket potato 827 kcal; Mashed potato 827 kcal; Chips 1143 kcal 5oz gammon and egg 10.26 Choose: Side salad 53 402 kcal; Mediterranean salad 532 kcal Jacket potato 🚳 649 kcal; Mashed potato 620 kcal; Chips 936 kcal 10oz gammon and eggs 11.89 13.42 Choose: Side salad 611 kcal: Mediterranean salad 741 kcal Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal Mixed grill 11.89 13.42 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 13.65 15.18 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  6 @ \$ 66 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth	6.99	8.52
Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast Southern-fried chicken breast strips 366 465 kcal	9.47	11.00
Mediterranean salad ⊘ 5553 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing	8.35	9.88
Grilled halloumi-style cheese & roasted vegetable salad ♥  494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Burrito salad bowl ♥ 668 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies	8.62	10.15
Additional toppings:  Maple-cured bacon (91 kcal)  Tuna mayo (298 kcal)  Char-grilled half chicken breast (93 kcal)  Char-grilled whole chicken breast (187 kcal)  NEW Spicy pulled chicken thigh (249 kcal)  NEW Char-grilled tandoori chicken breast skewer  Grilled halloumi-style cheese (447 kcal)  Chilli bean non-carne	,	93p 1.53 1.15 1.97 2.99 3.99 1.97
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 ba		10.43 1.52

## Jacket potatoes includes a drink

With side salad and one filling. Extra fillings 1.22 each. Tuna mayo 592 kcal; Coleslaw V 559 kcal Cheese V 512 kcal

Roasted vegetables @ 59 (500) 383 kcal

Baked beans @ 59 566 482 kcal Chilli bean non-carne / @ 58 588 442 kcal

British beef & pancetta lasagne

Choose: Side salad 761 kcal: Chips 1295 kcal

alcoholic drink\* soft drink\* 6.85 8.38 each

9.47

soft drink\* alcoholic drink\*