Sides and extras 4.23 **Bowl of chips 3** 964 kcal (Add: Spicy seasoning **3** (7 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal Five chicken wings **FFF** 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 V 447 kcal 1.97 Peas 133 kcal Mushy peas V 248 kcal 94p 2.29 Side salad @ 91 kcal Mediterranean side salad @ 198 kcal 3.22 Roasted vegetables @ 135 kcal 1.53 Coleslaw V 399 kcal 1.40 Sliced chillies FFFF @ 3 kcal 88p 94n Chicken gravy 50 kcal Onion rings 🕖 **Six** 269 kcal **2.33 Twelve** 538 kcal **3.50** 8" 386 kcal 4.40 **11**" 772 kcal **5.57** Garlic pizza bread 💟

With cheese V	8 " 473 kcal	4.98	11 " 922 kcal	6.44
Desserts				
NEW Salted caram Vanilla ice cream 877 kcal		e pudding (9	5.22
NEW Millionaire's Two vanilla ice cream scootoffee sauce			colate sauce,	2.27
Vanilla ice cream Two scoops, toffee sauce,		auce		1.91
Cookie crunch 🔾 🕻 Two vanilla ice cream scoo		e, Belgian choco	late sauce	1.91
Mini warm chocola Belgian chocolate sauce, v		435 kcal		3.13
Mini warm cookie of Salted caramel filling, toff	-		i kcal	3.13
Mini American-sty Two pancakes, maple-flav		_		3.72
Fresh fruit 🗸 🚳 📆 Apple, banana, blueberries		lla ice cream		4.79
Warm chocolate fu	udge cake 🛡 909	kcal. Vanilla ic	e cream	5.57
Warm chocolate b Belgian chocolate sauce, v		al		5.57
Warm cookie doug Salted caramel filling, toff				5.57
British Bramley ap Vanilla ice cream 673 kcal				5.84
American-style pa	ancakes V 🐵 68	9 kcal		5.22

Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce (6) (61 kcal) 42p; Toffee sauce (1) (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.

Four pancakes, maple-flavour syrup, vanilla ice cream

- 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 anddrinks, 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

DIETARY SYMBOLS

l	= Very mild = Mild = Medium hot = Very hot
	= Extremely hot
	Vegetarian 🕖 Vegan 🥯 5% fat or less 😘 Dish under 500 Calories
ı	

Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

result in changes to allergens contained in the dish.

BREAKFAST

Served 7am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	7.09	NEW Fiesta brunch ♥ ♥ 659 kcal Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	4.08
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of to Small breakfast 6000 435 kcal	5.41 ast 4.84	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.57
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown Add: Black pudding (178 kcal) 75p		Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.57
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.84	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.57
Large vegetarian breakfast ♥ 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.09	American-style pancakes NEW Four pancakes, banana, strawberries, blueberries,	5.22
Vegetarian breakfast ♥ 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.41	maple-flavour syrup. 父 🚳 708 kcal Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 🤍 🚳 554 kcal	5.22 4.51
Small vegetarian breakfast (V (S) (S) 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato Vegan breakfast (O) 642 kcal	4.84 5.01	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. (***) 322 kcal Two pancakes, maple-flavour syrup. (***) 277 kcal	3.72 3.41
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.96
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	7.09	Beans on toast	3.84 2.74
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	5.22	Buttered white bloomer toast Two slices of toast with jam or marmalade 524 kcal White bloomer bread	2.69
Porridge (V 50 500) 252 kcal (plain) Add: Banana (a) (110 kcal) 62p; Maple-flavour syrup (a) (125 kcal) 34p	2.09	Fresh fruit (2) (3) (36) 200 kcal Apple, banana, blueberries, strawberries	3.84
Strawberries ⊚ (27 kcal) 62p; Blueberries ⊚ (17 kcal) 62p Honey ♥ (91 kcal) 34p; Sliced apple ⊚ (46 kcal) 62p		NEW Fresh fruit and yoghurt (1) (20) 4 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.84

Breakfast extras

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

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.08
Sausage butty 714 kcal	4.08
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty 👽 541 kcal	4.08
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread @ 5% 5565 435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refil	ls°
Egg & cheese muffin ♥ (367) 249 kcal Fried egg, American-style cheese, in an English muffin	3.47
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.96
Egg & sausage muffin 3357 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.96
Egg & vegetarian sausage muffin ♥ (330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.96
Breakfast muffin (555) 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	4.20
Smashed avocado muffin ② ॐ ॐ 271 kcal 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	4.20
Add: Hash brown 🥏 (82 kcal) 46p	• • • • • •

Breakfast wrap 724 kcal 4.56 Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese Vegetarian breakfast wrap 735 kcal 4.56 Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Tea. coffee and hot chocolate-

TEA, COFFEE AND **HOT CHOCOLATE** - ALL DAY EVERY DAY -LAVATIA (A) (A)

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

Flat white **9** 92 kcal

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

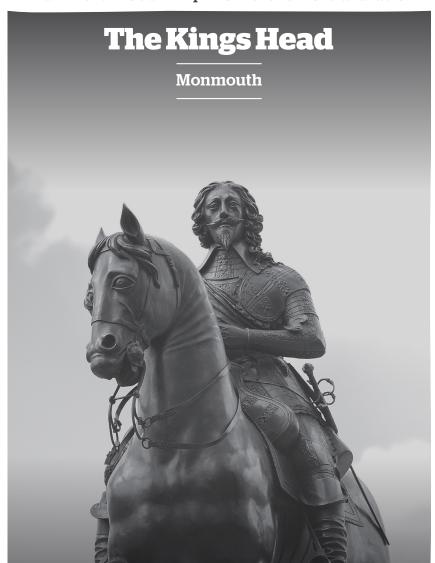
Biscuits

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 J2O and all canned

for the facts drinkaware.co.uk ≈ idwetherspoon.com ≥

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



This was originally a 17th-century coaching inn. It is said to have been visited by Charles I during the Civil War in the 1640s. The plaster overmantel, dating from the 1670s, is probably intended to be his portrait. At that time, the inn was owned by Richard Ballard, who acted as both mayor and postmaster. In the 1800s, this was one of Monmouth's most important inns, often used for corporation dinners. One such event was held in 1840 to celebrate the wedding of Queen Victoria.



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.



Coffee
The freshly ground 100% Arabica Lavazza coffee^{tt} 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



Traditional

breakfast

£5.41

£1.56

alcoholic drink*

£6.53

alcoholic drink*

£7.86

£8.53

alcoholic drink*

alcoholic drink*

£10.44

Breakfast

7am - 12 noon

Tea. coffee and

hot chocolate

Deli Deals

INCLUDES A DRINK •

Featuring NEW small southern-fried chicken wrap

just-a-wrap, without a drink

£3.97

Burger meals

INCLUDES A DRINK •

Featuring 3oz American burger

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

Steak Club INCLUDES A DRINK' • **Tuesday 11.30am - 11pm** Featuring classic 8oz sirloin

£10.76 £12.29

Curry Club

INCLUDES A DRINK •

Thursday 11.30am - 11pm

Featuring the katsu curry range

INCLUDES A DRINK •

Choose from over 150 drinks

Free refills

soft drink*

£5.00

soft drink*

soft drink*

£7.00

soft drink*

£8.91

£6.33

8" pizzas. Sourdough base - proved, stretched,		Beef burgers made with 100% British be	ef, freshl	ly co
topped and freshly baked to order.		Beef burgers One 3oz beef patty.		
Margherita 👽 ; 467 kcal. Mozzarella, basil	6.04	Served with a small portion of chips (329 kcal, incl	uded in Cal	ories
Pepperoni 🖊 575 kcal. Mozzarella, pepperoni	6.61	American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink*	alco
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rock		Classic beef burger 677 kcal	6.33	acco
BBQ chicken 555 kcal lozzarella, BBQ sauce, chicken breast, red onion, rocket	6.61	Iceberg lettuce, tomato, red onion	each	
oasted vegetable V 514 kcal	6.61	Skinny beef burger 375 kcal	J . f . l	
ozzarella, mushroom, roasted pepper, courgette, onion, basil	0.01	Iceberg lettuce, tomato, red onion, with a side salad, instea	d of chips	
egan roasted vegetable 🥑 🚳 ; 355 kcal	6.61	American cheese burger 730 kcal		oft dri
ushroom, roasted pepper, courgette, onion, basil		American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoho	olic dri
picy meat feast /// 615 kcal ozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.20	•••••	· · · · · · · · · · · · · · · ·	
<u></u>		Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories b	elow)	
Char-grilled halloumi-style cheese V 514 kcal	5.19	Double American burger 1138 kcal	CIOW).	
ocket, roasted pepper, courgette, onion, salsa 1" garlic pizza bread 🛡 772 kcal	5.57	Red onion, gherkin, ketchup, American-style mustard	soft drink*	alco
lachos /// 🗸 695 kcal. Cheese, guacamole, salsa, sour cream, sliced		Double classic beef burger 1119 kcal	8.71 each	
owl of chips @ 964 kcal	4.23	Iceberg lettuce, tomato, red onion	eacii	
Bowl of chips with curry sauce @ 1082 kcal	5.85	Double American cheese burger 1207 kcal		oft dri
heesy chips V 1256 kcal	5.41	American-style cheese, red onion, gherkin, ketchup,	alcoho	olic dri
oaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.31	American-style mustard		
omato & basil soup V 🕸 😘 374 kcal. White bloomer bread	4.23	Chicken burgers		
EW Vegan option available with vegan spread 🕢 👀 😘 285 kcal		Served with a small portion of chips (329 kcal, inclu		
ith any of the small plates below, choose one dip:	• • • • • • • • • • • • • • • • • • • •	Crunchy chicken strip burger 776 kcal		soft dr
weet chilli 🎢 🧑 37 kcal; Sticky soy 💟 100 kcal; Naga chilli 🎢 🎉 🍕	136 kcal	Two southern-fried chicken strips, iceberg lettuce, mayonna	aise alcoh	olic dr
ack Daniel's® Tennessee Honey glaze 🤍 87 kcal; Chipotle mayo		Served with chips (602 kcal, included in Calories b	elow).	
lue cheese ♥ 270 kcal; BBQ sauce ⊘ 83 kcal		Fried buttermilk chicken burger 1255 kcal		
lalloumi-style fries 🗸 😘 396 kcal	5.19	Breaded whole chicken breast fillet	soft drink*	alco
hicken bites (322 kcal. Ten battered chicken breast pieces	6.31	Char-grilled chicken breast burger 970 kcal	8.71 each	
outhern-fried chicken strips 🖊 😘 459 kcal. Five chicken bre	east strips 6.31	Skinny chicken burger 🚳 📆 394 kcal Char-grilled chicken breast, with a side salad, instead of chips	Cacii	1
hicken wings /// 813 kcal. Ten spicy chicken wings	6.99	•••••		• • • • •
uorn™ nuggets @ ႈ 331 kcal. Eight coated pieces	5.19	Meat-free burgers Served with chips (602 kcal, included in Calories be	low)	
		Beyond Burger™ @ 1043 kcal		1
Deli Deals Includes a drink		BEYOND MEAT plant-based patty,	soft drink*	alco
All wraps and paninis are freshly made to order.		iceberg lettuce, garlic & herb sauce	8.71 each	
EW 10" wraps A smaller wrap and filling.		Breaded vegetable burger ♥ 1039 kcal		٠.
Small brunch wrap 559 kcal		Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, m		
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap,	Fried halloumi-style cheese burger 🖊 🛇	1118 KCal. 5V	veet c
Small vegetarian brunch wrap V 545 kcal	without a drink	Just-a-burger		
ried egg, two vegan sausages, Cheddar cheese	3.97	Served on its own, without chips or a drink.		
Small shawarma chicken 🎾 502 kcal	each	American burger 655 367 kcal		
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,	soft drink*	Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger (*) (*) (447 kcal		
omato, onion, rocket, fresh mint	5.00	Two southern-fried chicken strips, iceberg lettuce, mayonna		
Small Quorn™ nuggets @ (555) 310 kcal alad leaves, tomato, cucumber, salsa	each			
Small southern-fried chicken /// (505) 399 kcal	alcoholic drink*	Curries includes a drink		
alad leaves, smoky chipotle mayo	6.53	Classic curries With basmati pilau rice, plain	naan and p	ממס
mall cold chicken breast 🎢 🚳 🐝 277 kcal	each	Mangalorean roasted cauliflower		-11
alad leaves, sweet chilli sauce		& spinach curry // @ 59 927 kcal		Ι.
		Chicken tikka masala 🖊 1190 kcal	soft drink* 10.95	alco
mall fried halloumi-style cheese 🎵 👽 ; 391 kcal			111 75	
lad leaves, sweet chilli sauce, tomato, cucumber				
lad leaves, sweet chilli sauce, tomato, cucumber	1.03 each	Chicken jalfrezi 🎢 🗗 🚳 935 kcal	each	
lad leaves, sweet chilli sauce, tomato, cucumber id: Small side salad	1.03 each	Chicken jalfrezi 🎢 🎒 935 kcal Beef Madras 🎢 🎢 1043 kcal	each	
alad leaves, sweet chilli sauce, tomato, cucumber Id: Small side salad (46 kcal); Small portion of chips (329 kcal) "wraps	1.03 each	Chicken jalfrezi 🎢 🗗 🚳 935 kcal	each	
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) "wraps "Shawarma chicken 777 719 kcal	1.03 each	Chicken jalfrezi 🎢 🎒 935 kcal Beef Madras 🎢 🎢 1043 kcal	each 2 kcal) 47p	
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 2" wraps EW Shawarma chicken /// 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,	1.03 each	Chicken jalfrezi 99 935 kcal Beef Madras 1043 kcal Change your plain naan to a garlic naan (1) (add 92 Simple curries With basmati pilau rice or chip Simple Mangalorean roasted	each 2 kcal) 47p	
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 2" wraps EW Shawarma chicken /// 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, omato, onion, rocket, fresh mint	1.03 each	Chicken jalfrezi 99 935 kcal Beef Madras 1043 kcal Change your plain naan to a garlic naan (1) (add 92 Simple curries With basmati pilau rice or chip Simple Mangalorean roasted cauliflower & spinach curry (1)	each 2 kcal) 47p	
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps 3V Shawarma chicken 777 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, mato, onion, rocket, fresh mint huorn™ nuggets 508 kcal. Tomato, cucumber, salsa southern-fried chicken 777 609 kcal	1.03 each	Chicken jalfrezi 99 935 kcal Beef Madras 1043 kcal Change your plain naan to a garlic naan () (add 92 Simple curries With basmati pilau rice or chip Simple Mangalorean roasted cauliflower & spinach curry () Choose: Basmati pilau rice 50 568 kcal; Chips 970 kcal	each 2 kcal) 47p	
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps EW Shawarma chicken 777 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, umato, onion, rocket, fresh mint huorn™ nuggets 508 kcal. Tomato, cucumber, salsa southern-fried chicken 777 609 kcal alad leaves, smoky chipotle mayo		Chicken jalfrezi	each 2 kcal) 47p os. soft drink*	alco
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps EW Shawarma chicken 777 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, omato, onion, rocket, fresh mint Quorn™ nuggets \$ 508 kcal. Tomato, cucumber, salsa Southern-fried chicken 777 609 kcal alad leaves, smoky chipotle mayo Cold chicken breast 77 479 kcal	soft drink*	Chicken jalfrezi 99 89 85 kcal Beef Madras 1043 kcal Change your plain naan to a garlic naan (add 92 Simple curries With basmati pilau rice or chir Simple Mangalorean roasted cauliflower & spinach curry (add 92) Choose: Basmati pilau rice 56 86 kcal; Chips 970 kcal Simple chicken tikka masala (choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	each 2 kcal) 47p os. soft drink* 8.59	alco
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps LW Shawarma chicken // 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, mato, onion, rocket, fresh mint Quorn™ nuggets 50 508 kcal. Tomato, cucumber, salsa Southern-fried chicken // 609 kcal alad leaves, smoky chipotle mayo Cold chicken breast // 8479 kcal alad leaves, sweet chilli sauce		Chicken jalfrezi 99 875 kcal Beef Madras 1043 kcal Change your plain naan to a garlic naan (add 92 Simple curries With basmati pilau rice or chir Simple Mangalorean roasted cauliflower & spinach curry (add 92) Choose: Basmati pilau rice 568 kcal; Chips 970 kcal Simple chicken tikka masala (choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi	each 2 kcal) 47p os. soft drink*	alco
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps EW Shawarma chicken 777 719 kcal hicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, umato, onion, rocket, fresh mint Quorn™ nuggets 508 508 kcal. Tomato, cucumber, salsa isouthern-fried chicken 776 609 kcal alad leaves, smoky chipotle mayo Cold chicken breast 778 kcal alad leaves, sweet chilli sauce iried halloumi-style cheese 779 707 kcal	soft drink* 6.58 each	Chicken jalfrezi /// © 935 kcal Beef Madras /// 1043 kcal Change your plain naan to a garlic naan () (add 92 Simple curries With basmati pilau rice or chir Simple Mangalorean roasted cauliflower & spinach curry // () Choose: Basmati pilau rice © 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	each 2 kcal) 47p os. soft drink* 8.59	alco
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps W Shawarma chicken	soft drink* 6.58 each alcoholic drink*	Chicken jalfrezi 99 875 kcal Beef Madras 1043 kcal Change your plain naan to a garlic naan (add 92 Simple curries With basmati pilau rice or chir Simple Mangalorean roasted cauliflower & spinach curry (add 92) Choose: Basmati pilau rice 568 kcal; Chips 970 kcal Simple chicken tikka masala (choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi	each 2 kcal) 47p os. soft drink* 8.59	alco
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps Shawarma chicken	soft drink* 6.58 each	Chicken jalfrezi	each 2 kcal) 47p os. soft drink* 8.59 each	
alad leaves, sweet chilli sauce, tomato, cucumber ald: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps Shawarma chicken	soft drink* 6.58 each alcoholic drink* 8.11	Chicken jalfrezi	each 2 kcal) 47p os. soft drink* 8.59 each	
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps EW Shawarma chicken	soft drink* 6.58 each alcoholic drink* 8.11	Chicken jalfrezi	each 2 kcal) 47p os. soft drink* 8.59 each	alco
lad leaves, sweet chilli sauce, tomato, cucumber d: Small side salad (46 kcal); Small portion of chips (329 kcal) "Wraps W Shawarma chicken	soft drink* 6.58 each alcoholic drink* 8.11	Chicken jalfrezi /// 393 kcal Beef Madras /// 1043 kcal Change your plain naan to a garlic naan () (add 92 Simple curries With basmati pilau rice or chip Simple Mangalorean roasted cauliflower & spinach curry // () Choose: Basmati pilau rice () Simple chicken tikka masala // Choose: Basmati pilau rice 830 kcal; Chips 970 kcal Simple chicken jalfrezi // () Choose: Basmati pilau rice () Simple chicken jalfrezi // () Choose: Basmati pilau rice () Simple beef Madras // () Choose: Basmati pilau rice () Simple beef Madras // () Choose: Basmati pilau rice () Simple beef Madras // () Simple beef Madras // () Choose: Basmati pilau rice () Simple beef Madras // () Simple beef Madras // () Choose: Basmati pilau rice () Simple beef Madras // () S	each 2 kcal) 47p os. soft drink* 8.59 each	76
lad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) "Wraps "Wraps	soft drink* 6.58 each alcoholic drink* 8.11	Chicken jalfrezi	each 2 kcal) 47p os. soft drink* 8.59 each	76
alad leaves, sweet chilli sauce, tomato, cucumber dd: Small side salad (46 kcal); Small portion of chips (329 kcal) 2" wraps 2\text{Y} Shawarma chicken	soft drink* 6.58 each alcoholic drink* 8.11	Chicken jalfrezi	each 2 kcal) 47p os. soft drink* 8.59 each	'6
Small fried halloumi-style cheese \$\iiiis\$ \$\iiis\$ \$\iiis\$ 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad \$\iiis\$ (46 kcal); Small portion of chips \$\iiiis\$ (329 kcal) 12" wraps **Text** Shawarma chicken \$\iiiis** 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint **Quorn** nuggets \$\iiiis** 508 kcal. Tomato, cucumber, salsa **Southern-fried chicken \$\iiiis** 609 kcal Salad leaves, smoky chipotle mayo **Cold chicken breast \$\iiiis** 479 kcal Salad leaves, sweet chilli sauce **Fried halloumi-style cheese \$\iiiis** 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber **Paninis** **Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato \$\iiis** 527 kcal **Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal **Bizzas on a freshly baked sourdough base Choose any 8" pizza from the small plates section.	soft drink* 6.58 each alcoholic drink* 8.11	Chicken jalfrezi	soft drink* 8.59 each	. 7

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.§

Burgers includes a drink	4	
eef burgers made with 100% British b	eef, freshl	y cooked to
eef burgers One 3oz beef patty. erved with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).
merican burger 696 kcal ed onion, gherkin, ketchup, American-style mustard Classic beef burger 677 kcal eberg lettuce, tomato, red onion	soft drink* 6.33 each	alcoholic drink* 7.86 each
kinny beef burger (355) 375 kcal eberg lettuce, tomato, red onion, with a side salad, inste	ad of chine	
energ terruce, comato, red onion, with a side sardu, inste merican-style cheese, red onion, gherkin, ketchup, merican-style mustard	S	oft drink* 6.93 dic drink* 8.46
Oouble beef burgers Two 3ozbeef patties.	• • • • • • • • • • • • • • • • • • • •	
erved with chips (602 kcal, included in Calories	below).	
Ouble American burger 1138 kcal ed onion, gherkin, ketchup, American-style mustard Oouble classic beef burger 1119 kcal eberg lettuce, tomato, red onion	soft drink* 8.71 each	alcoholic drink* 10.24 each
Double American cheese burger 1207 kcal merican-style cheese, red onion, gherkin, ketchup, merican-style mustard	_	oft drink* 9.31 lic drink* 10.84
Chicken burgers erved with a small portion of chips (329 kcal, incle) crunchy chicken strip burger / 776 kcal wo southern-fried chicken strips, iceberg lettuce, mayon erved with chips (602 kcal, included in Calories fried buttermilk chicken burger 1255 kcal	naise alcoho	oft drink* 6.33
readed whole chicken breast fillet char-grilled chicken breast burger 970 kcal kinny chicken burger (\$\circ{\circ}\$) 394 kcal har-grilled chicken breast, with a side salad, instead of chip	each	alcoholic drink* 10.24 each
leat-free burgers		
erved with chips (602 kcal, included in Calories b	elow).	
Beyond Burger™ @ 1043 kcal BEYOND MEAT plant-based patty, Beberg lettuce, garlic & herb sauce Breaded vegetable burger ♥ 1039 kcal	soft drink* 8.71 each	alcoholic drink* 10.24 each
entils, carrot, onion, sweetcorr, mushroom, mozzarella, iried halloumi-style cheese burger	🕽 1118 kcal. Sw	veet chilli sauce
ust-a-burger erved on its own, without chips or a drink. merican burger 3367 kcal ed onion, gherkin, ketchup, American-style mustard crunchy chicken strip burger 447 kc wo southern-fried chicken strips, iceberg lettuce, mayon		each 3.77
Curries includes a drink		
classic curries With basmati pilau rice, plain	n naan and p	oppadums.
fangalorean roasted cauliflower a spinach curry FF @ \$927 kcal		
chicken tikka masala // 1190 kcal chicken jalfrezi /// © 935 kcal deef Madras //// 1043 kcal	soft drink* 10.95 each	alcoholic drink* 12.48 each
hange your plain naan to a garlic naan 💟 (add	92 kcal) 47 p	
imple curries With basmati pilau rice or ch		
imple Mangalorean roasted auliflower & spinach curry 🎢 🧔 hoose: Basmati pilau rice 🕸 568 kcal; Chips 970 kcal		
imple chicken tikka masala // hoose: Basmati pilau rice 830 kcal; Chips 1232 kcal imple chicken jalfrezi ////	soft drink* 8.59 each	alcoholic drink* 10.12 each
hoose: Basmati pilau rice 🎨 575 kcal; Chips 977 kcal imple beef Madras 🎢 🎢 hoose: Basmati pilau rice 684 kcal; Chips 1086 kcal		
dd: One vegetable samosa and two onion bhajis 🎾 🥥 vo plain poppadums 🥥 (86 kcal) 47 p	(293 kcal) 1.7	6

Katsu Quorn™ nugget curry @ 686 kcal

Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

Eight coated pieces

soft drink* alcoholic drink*

11.31 each

9.78 each

aceable from farm to fork.	
Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calori	es 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* 11.02
BBQ burger	each
Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Char-grilled chicken breast 1494 kcal	alcoholic drink* 12.55 each
Fried buttermilk chicken 1780 kcal	
Heatwave burger PPP 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 pepp courgette, onion	ier,
Triple American cheese & bacon burger 1770 kcal sof Three 3oz beef patties, American-style cheese, alcoholi maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	t drink* 12.54 c drink* 14.07
Additional toppings and burger patties	
Maple-cured bacon with Cheddar cheese 173 kcal	2.14
Maple-cured bacon with American-style cheese 160 k	
Cheddar cheese ♥ 82 kcal American-style cheese ♥ 69 kcal	1.52 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 V 298 kcal	
🕞 BEYOND MEAT' patty ⊚ 184 kcal	
Chicken includes a drink :	
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 Choose: Side salad 918 kcal: Mediterranean salad 1048 kcal	soft drink* 11.99
Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	each
Hot and spicy /// Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	alcoholic drink* 13.52 each
Spicy rice 1029 kgal, Machad notate 1107 kgal, Chine 1/23 kgal	

and finished on the char-grill.			
Peri-peri char-grilled half chicken			
Lemon and herb / Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip 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 Coleslaw, Naga chilli dip	soft drink* 11.99 each alcoholic drink* 13.52		
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	each		
Chicken baskets Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal Boneless basket F Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal			
Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice ® 763 kcal; Chips 1157 kcal	soft drink* 9.71 each		
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	alcoholic drink* 11.24 each		
Quorn™ 'no chicken' nuggets basket ፆፆ ♥ Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal			
Add: Chicken gravy (50 kcal) 94p			

11" pizzas includes a drink"		
Sourdough base - proved, stretched, topped and freshly baked to order. Margherita 934 kcal. Mozzarella, basil Pepperoni 9 151 kcal. Mozzarella, pepperoni	soft drink'	* alcoholic drii 11.2
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket Roasted vegetable 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, bas Vegan roasted vegetable 3709 kcal Mushroom, roasted pepper, courgette, onion, basil		soft drink* 10.95 each alcoholic drink* 12.48 each
Spicy meat feast **** 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, ro	12.16 ocket	13.6
Garlic & herb dip @ 180 kcal; Mozzarella © 150 kcal; Ham 7 Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni 109 kcal; Roasted vegetables @ 90 kcal Small pub classics incli		each 1.1 each 1.5
	soft drink*	
Fish and chips Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	8.85	10.3
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal.	8.85	10.3
Four Whitby breaded scampi		
Four Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.34 Chip shop-style curry sauce (118 kcal) 1.46		•••••
Four Whitby breaded scampi Add: Two slices of bread ♥ (404 kcal) 1.34	7.56	9.0

Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	8.85	10.38	
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	8.85	10.38	
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 655 kcal	7.56	9.09	
One slice of Wiltshire cured ham, fried egg Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 75p	7.87	9.40	
Small vegetarian all-day brunch © 611 kcal Two vegan sausages, fried egg, baked beans, chips	7.87	9.40	
Afternoon deal	soft drink*	alcoholic drink*	

Afternoon deal Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.	m - 5pm 7.00	

Fish and chips	soft drink*	alcoholic drink
Freshly battered cod and chips Peas 1240 kcal or mushy peas 1298 kcal	11.19	12.72
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	11.19	12.72
Add: Two slices of bread ♥ (404 kcal) 1.34 Chip shop-style curry sauce ⊚ (118 kcal) 1.46		
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans Add: Black pudding (178 kcal) 75p	10.82 , chips	12.35
Vegetarian all-day brunch ♥ 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	10.82	12.35
Steak & kidney pudding Peas, onion & red wine gravy Choose: Mashed potato 963 kcal; Chips 1279 kcal	9.35	10.88
Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	9.35	10.88
Vegetarian bangers and mash ♥ 635 kcal Three vegan sausages, peas, onion & red wine gravy	9.35	10.88
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	8.72	10.25
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	8.72	10.25
Vegan sausages, chips and beans ⊚ 910 kcal Three vegan sausages	8.72	10.25
NEW Chilli bean non-carne / @ 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle	9.35 sauce, rice.	10.88 tortilla chips

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

soft drink* alcoholic drink*
8.22 9.75

Steaks and grills INC	I IIDEC A D	DIME - 18
From farms in the UK and Ireland, prin (traceable from farm to fork), matured seasoned with a steak-seasoning blend cooked to your liking.	ne beef ste for 28 day:	aks s,
Classic 8oz sirloin steak Choose: Side salad 526 kcal Mediterranean salad 657 kcal; Jacket potato 774 kcal Mashed potato 745 kcal; Chips 1061 kcal	soft drink* 12.42 each	alcoholic drink* 13.95 each
Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 785 kcal Mediternaean salad 915 kcal; Jacket potato 1032 kcal	soft drink* 14.77 each	alcoholic drink* 16.30 each
Mashed potato 1003 kcal; Chips 1320 kcal Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's® Tennessee Honey glaze ♥ (87 kcal) 1.82		
Below meals are served with peas, tomato and m BBQ chicken melt Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad \$\infty\$ 609 kcal; Mediterranean salad 73' Jacket potato \$\infty\$ 856 kcal; Mashed potato 827 kcal; Chip	soft drink 11.19 9 kcal	
5oz gammon and egg Choose: Side salad © 605 402 kcal; Mediterranean sal Jacket potato 60 649 kcal; Mashed potato 620 kcal; Chip	9.78 lad 532 kcal	11.31
10oz gammon and eggs Choose: Side salad 611 kcal; Mediterranean salad 741 kc Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 11	13.07 al	14.60
Mixed grill Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad 984 kcal; Mediterranean salad 1114 k Jacket potato 1231 kcal; Mashed potato 1202 kcal; Chips	13.07	14.60
Large mixed grill Gammon, pork loin, rump, lamb, two Lincolnshire sausage fried egg, six onion rings Choose: Side salad 1477 kcal; Mediterranean salad 1607 Jacket potato 1724 kcal; Mashed potato 1696 kcal; Chips	14.82 es, kcal	16.35
Noodles, salads and	pasta	as
NEW Ramen noodle bowl // @ 53 355 460 Noodles, bean sprouts, shiitake mushroom, spring onion,	6 kcal 8.9	nk* alcoholic drink 9 10.52

	soft drink* al	coholic drink*
NEW Ramen noodle bowl // @ 50 500 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion,	8.99	10.52
carrot, pak choi, bamboo shoots, red onion, sliced chillies, corian	der,	
in a light broth Add: Char-grilled chicken breast (93 kcal) 1.15; Poached egg	7 (43 kcal) 9	3n
Chicken & maple-cured bacon salad	10.53	12.06
Choose: Char-grilled chicken breast (500) 283 kcal	10.55	12.00
Southern-fried chicken breast strips 655 465 kcal		
Mediterranean salad @ 555 334 kcal	9.34	10.87
Pearl barley, quinoa, butternut squash, wheat berries, red pepper		
cherry tomatoes, pumpkin seeds, basil, dressing		
Add: Grilled halloumi-style cheese () (447 kcal) 1.97	F2	
Tuna mayo (298 kcal) 1.06; Roasted vegetables @ (90 kcal) 1. Char-grilled chicken breast (187 kcal) 1.97	53	
Grilled halloumi-style cheese	9.64	11.17
& roasted vegetable salad V 5555 494 kcal	7.04	11.17
Roasted pepper, courgette, onion, pico de gallo, dressing		
Burrito salad bowl ♥ 668 kcal	9.64	11.17
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chip:	S,	
guacamole, sliced chillies		
Add: Char-grilled chicken breast (187 kcal) 1.97		
Chilli bean non-carne 🖊 🥝 (149 kcal) 1.97		
Pasta alfredo V 618 kcal	9.93	11.46
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato. basil. rocket		
Add: Char-grilled chicken breast (187 kcal) 1.97 ; Maple-cured	hacon (91 kg	al) 1.52
British beef & pancetta lasagne	10.53	12.06
Choose: Side salad 761 kcal; Chips 1295 kcal	10.33	12.00

Jacket potatoes Includes A DRINK ...

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

Baked beans @ 588 5555 482 kcal Chilli bean non-carne 🖊 🕢 🚳 5 442 kcal

soft drink* alcoholic drink* 7.80 each **9.33** each Roasted vegetables @ 53 555 383 kcal