Desserts NEW Giant profiterole W (368) 433 kcal Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry 4.99 NEW Salted caramel sticky toffee pudding **②** 877 kcal Millionaire's shortbread W (1988) 409 kcal 2.17 Two vanilla ice cream scoops, shortbread biscuit. Belgian chocolate sauce, toffee sauce 1.82 Vanilla ice cream V (500) 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch V 500 364 kcal 1.82 Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 635 kcal 2.98 Belgian chocolate sauce, vanilla ice cream 2.98 Mini warm cookie dough sandwich V 631 kcal Salted caramel filling, toffee sauce, vanilla ice cream 4.56 Fresh fruit V 52 555 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake 909 kcal 5.33 Vanilla ice cream Warm chocolate brownie 736 kcal 5.33 Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 727 kcal 5.33 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble V 673 kcal 5.62

Add: Vanilla ice cream scoop (135 kcal) 94p; Toffee sauce (66 kcal) 42p Belgian chocolate sauce (61 kcal) 42p; Banana (110 kcal) 62p Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits
- · List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals 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 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 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.§

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Book direct for the best rates

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BREAKFAST

6.59

4.99

4.45

6.59

4.99

4.45

4.61

2.09

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
NEW Hash brown basket @ 555 410 kcal	1.99
Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Beans on toast 👽 🥸 566 kcal Buttered white bloomer toast NIXVI Vegan option available with vegan spread 🕝 🕸 🐯 460 kcal	3.66
Small beans on toast 👽 🚳 📆 252 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade ♥ 524 kcal White bloomer bread	2.47
Fresh fruit	3.66
Fresh fruit and yoghurt \$\infty\$ \$\infty\$ \$\infty\$ 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.45

Breakfast extras

Large breakfast 1343 kcal

Traditional breakfast 807 kcal

Small breakfast 655 435 kcal

Add: Black pudding (178 kcal) 75p

Freedom breakfast 586 kcal

mushroom, tomato, two slices of toast

mushroom, tomato, slice of toast

Vegan breakfast @ 642 kcal

tomato, slice of toast, vegan spread

Sliced apple (46 kcal) 62p

Porridge V 5% (500) 252 kcal (plain)

Vegetarian breakfast V 786 kcal

Two fried eggs, bacon, two Lincolnshire sausages, baked beans,

Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Two fried eggs, three vegan sausages, baked beans, three hash browns,

Two fried eggs, two vegan sausages, baked beans, two hash browns,

Small vegetarian breakfast V 🚳 🛗 291 kcal

Fried egg, vegan sausage, baked beans, hash brown, tomato

Two yegan sausages, baked beans, two hash browns, mushroom.

Add: Banana (110 kcal) 62p; Strawberries (27 kcal) 62p

Blueberries ⊘ (17 kcal) **62p**; **Honey ∨** (91 kcal) **34p**

Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

three hash browns, mushroom, two slices of toast

Large vegetarian breakfast V 1129 kcal

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

Breakfast wrap 724 kcal

Cheddar cheese

Fried egg, bacon, Lincolnshire sausage, hash brown Cheddar cheese

Vegetarian breakfast wrap V 735 kcal

Fried egg, two vegan sausages, two hash browns,

TEA, COFFEE AND

HOT CHOCOLATE

— ALL DAY EVERY DAY —

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	
NEW Vegan option available with vegan spread @ 50 500 435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills°		
Egg & cheese muffin ♥ 249 kcal Fried egg, American-style cheese, in an English muffin	3.31	
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77	
Egg & sausage muffin 6367 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.77	
Egg & vegetarian sausage muffin ♥ (***********************************	3.77	
Breakfact muffin (%%) /82 /cal	/ ₂ 01	

Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

Add: Hash brown @ (82 kcal) 46p

Biscuits

LAVATIA (A) (A) with semi-skimmed milk V 14 kcal Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar @ 316 kcal 1.64

·Tea, coffee and hot chocolate-

Flat white **9** 92 kcal

Mocha 147 kcal

Espresso @ 6 kcal

Black coffee @ 6 kcal

White coffee 24 kcal

Hot chocolate V 169 kcal

Cappuccino V 102 kcal Latte V 113 kcal

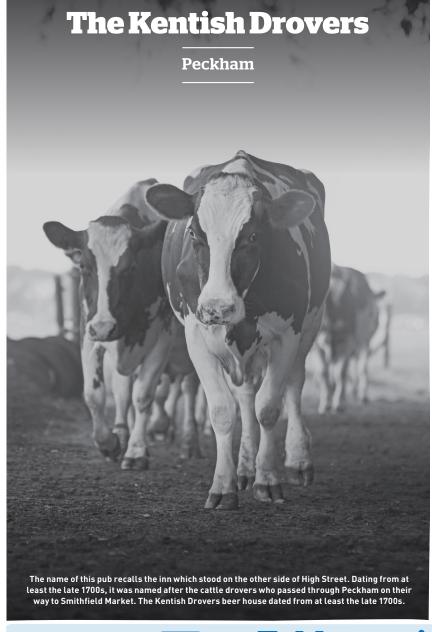
All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to 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 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 🛱 idwetherspoon.com ≥

4.36

4.36

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



Breakfast

8am - 12 noon

breakfast £4.99

Traditional

Tea. coffee and hot chocolate Free refills

£1.56

Deli Deals INCLUDES A DRINK •

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

£3.08

£4.11

alcoholic drink* £5.64

Burger meals

INCLUDES A DRINK •

Featuring 3oz American burger soft drink* alcoholic drink*

£6.97 £5.44

Afternoon deals INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips soft drink*

£6.09

£7.62

Curry Club

INCLUDES A DRINK **Thursday 11.30am - 11pm**

Featuring the katsu curry range alcoholic drink*

£7.91

£9.44

INCLUDES A DRINK • Choose from over 150 drinks



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

100% UK and

From farms in the UK

and Ireland, prime beef

steaks matured for 28

days. Traceable from

Irish beef

farm to fork.

We have been awarded the maximum food hygiene rating of 5 in our pub.



iustainable 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



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'.

goodfoodtalks opening menus for everybody The spoken menu app for the visually impaired

quality mark and are RSPCA

assured, ensuring the highest

standards of animal welfare.





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

Small plates Any 3 for £14.93 8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order. 5.91 Margherita V 67 kcal. Mozzarella, basil Pepperoni **FF** 575 kcal. Mozzarella, pepperoni 6.51 Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket 6.51 BBQ chicken 555 kcal 6.51 Mozzarella BBQ sauce chicken breast redignion rocket 6.51 Roasted vegetable V 514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil 6.51 Roasted vegetable and vegan cheeze @ 55 (555) 416 kcal Mushroom, roasted pepper, courgette, onion, basil Spicy meat feast FFF 615 kcal 7.09 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket 11" garlic pizza bread V 772 kcal 5.57 Nachos /// v 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies 5.81 Bowl of chips @ 964 kcal 4.23 5.58 Bowl of chips with curry sauce 1082 kcal 5.41 Cheesy chips V 1256 kcal **Loaded chips** 1303 kcal. Cheese, maple-cured bacon, sour cream 6.03 With any of the small plates below, choose one dip: Sweet chilli // @ 37 kcal; Sticky soy V 100 kcal; Naga chilli // @ 136 kcal Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal; Chipotle mayo FFF ♥ 150 kcal Blue cheese V 270 kcal; BBQ sauce Ø 83 kcal Halloumi-style fries V 500 396 kcal 4.96 Chicken bites 322 kcal. Ten battered chicken breast pieces 6.09 **Southern-fried chicken strips /** 500 459 kcal. Five chicken breast strips **6.09 Chicken wings** 813 kcal. Ten spicy chicken wings 6.75 Quorn[™] nuggets @ 531 kcal. Eight coated pieces 5.19 De i Deals includes a drink

All wraps and paninis are freshly made to order.	
NEW 10" wraps A smaller wrap and filling.	
Small brunch wrap 559 kcal	
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap,
Small vegetarian brunch wrap V 545 kcal	without a drink
Fried egg, two vegan sausages, Cheddar cheese	3.08 each
Small shawarma chicken FFF 502 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,	soft drink*
tomato, onion, rocket, fresh mint	4.11
Small Quorn™ nuggets Ø 555 310 kcal	each
Salad leaves, tomato, cucumber, salsa	alcoholic drink*
Small southern-fried chicken /// 399 kcal Salad leaves, smoky chipotle mayo	5.64 each
Small fried halloumi-style cheese // ♥ 567 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	
Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1	1.03 each

12" wraps

Shawarma chicken 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Quorn[™] **nuggets ② 3** 508 kcal. Tomato, cucumber, salsa Southern-fried chicken **FFF** 609 kcal

Salad leaves, smoky chipotle mayo soft drink* 5.70 Fried halloumi-style cheese // V 707 kcal each Salad leaves, sweet chilli sauce, tomato, cucumber alcoholic drink* 7.23

NEW Roasted vegetable and vegan cheeze @ 480 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); Spicy rice (208 kcal) Chips (602 kcal) 1.44 each

BUTGETS INCLUDES A DRINK ...

order. Traceable from farm to fork.

alcoholic drink*

9.26

each

Beef burgers made with 100% British b	eef, freshl	y cooked to	
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).	
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	soft drink* 5.44 each	alcoholic drink* 6.97 each	
Skinny beef burger 375 kcal leeberg lettuce, tomato, red onion, with a side salad, instead of chips			
American cheese burger 730 kcal soft drink* 6.04 American-style cheese, red onion, gherkin, ketchup, American-style mustard soft drink* 7.57			
Double beef burgers Two 3ozbeef patties. Served with chips (602 kcal, included in Calories below).			
Double American burger 1138 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	soft drink* 7.73 each	alcoholic drink* 9.26 each	
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 8.30 lic drink* 9.83	

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below).			
Crunchy chicken strip burger ₱ 776 kcal	soft drink*	5.44	
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink*	6.97	
•••••		• • • • • •	

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

Fried buttermilk chicken burger 1255 kcal soft drink*		7.73
Breaded whole chicken breast fillet	alcoholic drink*	9.26

Meat-free burgers

🖊 🗸 1118 kcal. Sweet chilli sauce

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

Bevond Burger[™] 1043 kcal BEYOND MEAT plant-based patty, soft drink* 7.73 iceberg lettuce, garlic & herb sauce each Fried halloumi-style cheese burger

Just-a-burger

Served on its own, without chips or a drink. each **3.36** American burger (505) 367 kcal

Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / \$300 447 kcal

CUTTIES INCLUDES A DRINK

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Classic curries

With basmati pilau rice, plain naan and poppadums.

Mangalorean roasted cauliflower & spinach curry **FF** @ 529 927 kcal

alcoholic drink* soft drink* Chicken tikka masala // 1190 kcal 9.84 11.37 each Chicken jalfrezi FFF 529 935 kcal

Beef Madras / 1043 kcal

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

Add: One vegetable samosa and two onion bhajis // @ (293 kcal) 1.76 Two plain poppadums @ (86 kcal) 47p

Katsu curries

each

With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander

Katsu grilled chicken curry 59 542 kcal Sliced chicken breast

Katsu Quorn™ nugget curry @ 686 kcal Eight coated pieces

8.73 each Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

soft drink*

alcoholic drink*

10.26

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

soft drink* **Beef** (two 3oz beef patties) 1567 kcal 9.93 Fried buttermilk chicken 1703 kcal each **BBQ** burger alcoholic drink* Maple-cured bacon, Cheddar cheese, BBQ sauce 11.46

each

Beef (two 3oz beef patties) 1644 kcal Fried buttermilk chicken 1780 kcal

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

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

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 173 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese V 82 kcal	1.52
American-style cheese ♥ 69 kcal	1.52
Vegan cheeze @ 57 kcal	1.52
Maple-cured bacon 91 kcal	1.5
Crunchy chicken strip / 92 kcal	1.50

3oz beef patty 168 kcal

each **1.97** Fried buttermilk chicken 473 kcal

Fried halloumi-style cheese V 298 kcal BEYOND MEAT patty @ 184 kcal

CITIC CENT 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 Coleslaw, garlic & herb dip	soft drink* 10.83 each
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	
Spicy rice 1059 kcal; Chips 1453 kcal	alcoholic drink*
Hot and spicy ///	each
Char-grilled in a Naga chilli & citrus glaze	
Coleslaw, Naga chilli dip Choose: Side salad 888 kcal: Mediterranean salad 1018 kcal	
Spicy rice 1029 kcal; Chips 1423 kcal	

Chicken baskets

Boneless basket #

Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal

soft drink*

8.68

each

alcoholic drink

10.21

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce 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 **// V** Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

Fish and chips	soft drink*	alcoholic drink
Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	7.84	9.37
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 (56) 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) 75p	6.91	8.44
Small vegetarian all-day brunch ♥ 611 kcal Two vegan sausages, fried egg, baked beans, chips	6.91	8.44

Afternoon deal

Mon - Fri, 2pm - 5pm choose from the above small pub classic m soft drink* alcoholic drink 6.09 7.62

Pub classics includes a drink

10.00	
10.08	11.61
10.08	11.61
•	
9.72 s, chips	11.25
9.72	11.25
8.32	9.85
8.32	9.85
8.32	9.85
7.73	9.26
7.73	9.26
7.73	9.26
8.32	9.85
	9.72 s, chips 9.72 8.32 8.32 7.73 7.73

Jacket potatoes includes a drink

7.27

6.85

each

soft drink* alcoholic drink*

8.38

each

With side salad and one filling. Extra fillings 1.22 each.

Coleslaw 559 kcal Cheese V 512 kcal

Choose from the above pub classic meals.

Baked beans @ 5% 555 482 kcal Chilli bean non-carne / @ 59 59 442 kcal

Mon - Fri, 2pm - 5pm

Roasted vegetables @ 59 59 383 kcal

11"DIZZAS INCLUDES A DRINK •

Margherita ♥ 934 kcal. Mozzarella, basil 8.68	k* alcoholic drink* 3 10.21	
Pepperoni // 1151 kcal. Mozzarella, pepperoni Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1097 kcal	soft drink* 9.84 each	
Mozzarella, BBQ sauce, chicken breast, red onion, rocket Roasted vegetable v 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Roasted vegetable and vegan cheeze v 20 829 kcal Mushroom, roasted pepper, courgette, onion, basil	alcoholic drink* 11.37 each	
Spicy meat feast /// 1214 kcal 11.02 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	2 12.55	
Additional toppings Red onion @ 10 kcal; Sliced chillies PPPPP @ 3 kcal; Mushroom @ 4 kcal each 88p Garlic & herb dip @ 180 kcal; Mozzarella © 150 kcal; Ham 71 kcal		
Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni 109 kcal; Roasted vegetables 90 kcal	each 1.15 each 1.53	

Noodles, salads and pastas INCLUDES A DRINK A

INCLUDES A DRINK OF		
Ramen noodle bowl 6 3 3 3 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Chicken breast (93 kcal) 1.15 Poached egg (63 kcal) 93p	soft drink* al 6.99	coholic drink* 8.52
Chicken & maple-cured bacon salad Choose: Chicken breast 300 283 kcal Southern-fried chicken breast strips 300 465 kcal	9.47	11.00
Mediterranean salad	8.35	9.88
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	8.90	10.43
British beef & pancetta lasagne Choose: Side salad 761 kcal; Chips 1295 kcal	9.47	11.00

Sides and extras

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 34p)

Small bowl of chips @ 602 kcal	2.48
Five chicken wings / F/ 407 kcal	3.34
Five chicken breast bites 161 kcal	2.99
Eight Whitby breaded scampi 464 kcal	4.99
Peas ⊘ 133 kcal	94p
Mushy peas ♥ 248 kcal	94p
Side salad 🥥 91 kcal	2.29
Mediterranean side salad 🧑 198 kcal	3.22
Roasted vegetables 🥝 135 kcal	1.53
Coleslaw 👽 399 kcal	1.40

Sliced chillies FFFF @ 3 kcal **Twelve** 538 kcal **3.50** Onion rings 🕖 **Six** 269 kcal **2.33** 8" 386 kcal 4.40 **11**" 772 kcal **5.57** Garlic pizza bread 💟

11" 922 kcal 6.44 With cheese V 8" 473 kcal 4.98

Adults need around 2000 kcal a day.§

4.23