

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning (7 kcal) 39p)	3.99
Small bowl of chips	602 kcal	2.49
Five chicken wings	407 kcal	2.99
NEW Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	5.19
Grilled halloumi-style cheese	447 kcal	2.07
Mediterranean side salad	198 kcal	3.32
Sliced chillies	3 kcal	93p
Peas	133 kcal	99p
Side salad	91 kcal	2.39
Chicken gravy	50 kcal	99p
Mushy peas	248 kcal	99p
Coleslaw	399 kcal	1.50
Roasted vegetables	135 kcal	1.63
Onion rings	Six 269 kcal	2.43
Garlic pizza bread	8" 386 kcal	4.55
With cheese	8" 473 kcal	5.13
Twelve	538 kcal	3.65
11"	772 kcal	5.72
11"	922 kcal	6.59

Desserts

NEW Chocolate & salted caramel torte	6.06
Chocolate biscuit base, chocolate & salted caramel filling	
Vanilla ice cream	746 kcal or coconut ice cream 701 kcal
NEW Salted caramel sticky toffee pudding	6.31
Vanilla ice cream	877 kcal or custard 741 kcal
Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal. Vanilla ice cream
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	6.37
Vanilla ice cream	673 kcal, coconut ice cream 628 kcal or custard 537 kcal
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	

Add: Custard (134 kcal) 1.33; Vanilla ice cream scoop (135 kcal) 99p
Belgian chocolate sauce (61 kcal) 47p; Toffee sauce (66 kcal) 47p
Banana (110 kcal) 60p; Strawberries (27 kcal) 60p; Blueberries (17 kcal) 60p

ALLERGEN AND NUTRITIONAL INFORMATION

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

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

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

🔥 = Very mild 🔥🔥 = Mild 🔥🔥🔥 = Medium hot 🔥🔥🔥🔥 = Very hot 🔥🔥🔥🔥🔥 = Extremely hot

🌿 Vegetarian 🌱 Vegan 5% 5% fat or less UNDER 500 Dish under 500 Calories

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

Adults need around 2000 kcal a day.8

BREAKFAST

Large breakfast	1343 kcal	7.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	5.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	3.99
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 80p		
Freedom breakfast	586 kcal	3.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	7.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	5.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	3.99
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	3.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	8.16
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	6.31
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	252 kcal (plain)	1.99
Add: Banana (110 kcal) 60p; Maple-flavour syrup (125 kcal) 30p		
Strawberries (27 kcal) 60p; Blueberries (17 kcal) 60p		
Honey (91 kcal) 30p; Sliced apple (46 kcal) 60p		
NEW Shakshuka	547 kcal	6.65
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese (447 kcal) 2.07		
Maple-cured bacon (91 kcal) 1.62		
NEW Fiesta brunch	659 kcal	4.51
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	6.65
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	6.65
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	6.65
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
NEW Hash brown basket	410 kcal	2.14

American-style pancakes	6.31
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. 708 kcal	
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	
Four pancakes, maple-flavour syrup. 554 kcal	5.60
Small American-style pancakes	
Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal	4.85
Two pancakes, maple-flavour syrup. 277 kcal	4.57
Scrambled egg on toast	570 kcal
Three eggs, buttered white bloomer toast	3.99
Beans on toast	566 kcal. Buttered white bloomer toast
Vegan option available with vegan spread 460 kcal	3.92
Small beans on toast	252 kcal. Buttered white bloomer toast
Two slices of toast with jam or marmalade	524 kcal
White bloomer bread	1.99
Fresh fruit 200 kcal. Apple, banana, blueberries, strawberries	2.99
NEW Fresh fruit and yoghurt 334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Tea and toast

Includes tea, coffee or hot chocolate. Free refills*		
Two slices of toast with jam or marmalade	2.49	1.99
524 kcal. White bloomer bread		

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. †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, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml). *Choose from: Diet Pepsi, Pepsi, Pepsi Max or Pepsi Max cherry (398ml glass); apple, cranberry or orange juice (398ml glass); apple & mango, apple & raspberry or orange & passion fruit J20; Brecon Carreg natural mineral water (still/sparkling 500ml bottle), blackcurrant, lime or orange standard cordial (398ml glass); blood orange or lemon Sanpellegrino (330ml can); Passion Fruit Cooler or Raspberry Refresher 0% cocktail (215ml glass); Monster Energy, Energy Ultra, Energy Ultra Peachy Keen, Energy Ultra Rosé, Mango Loco or Pipeline Punch (500ml can); Old Jamaica ginger beer (330ml can); R White's raspberry lemonade (330ml can); Remedy kombucha raspberry lemonade (250ml can)

Served 8am - 12 noon

Breakfast extras

Add any of the following:		
Black pudding	178 kcal	80p
Lincolnshire sausage	168 kcal	1.15
Slice of toast	225 kcal	1.23
Fried egg	56 kcal	98p
Hash brown	82 kcal	51p
Vegan sausage	82 kcal	1.15
Baked beans	126 kcal	98p
Poached egg	63 kcal	98p
Two scrambled eggs	136 kcal	1.73
Two rashers of back bacon	131 kcal	1.67
Four rashers of maple-cured bacon	91 kcal	1.62
Two mushrooms	100 kcal	98p
Two grilled tomato halves	16 kcal	57p
Grilled halloumi-style cheese	447 kcal	2.07

Breakfast butties and wraps

Bacon butty	574 kcal	3.69
Three rashers of bacon, buttered white bloomer bread		
Sausage butty	714 kcal	3.69
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	3.69
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread 435 kcal		
Breakfast wrap	724 kcal	5.67
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	5.67
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee, hot chocolate (free refills) or ANY soft drink*.		
Egg & cheese muffin  <small>USDA 500</small>	249 kcal	4.47
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin  <small>USDA 500</small>	314 kcal	4.93
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin  <small>USDA 500</small>	417 kcal	4.93
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin  <small>USDA 500</small>	330 kcal	4.93
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin  <small>USDA 500</small>	482 kcal	4.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin  <small>USDA 500</small>	271 kcal	4.99
Guacamole, pico de gallo, on an English muffin, rocket		
Add: Maple-cured bacon (91 kcal) 1.62; Poached egg  (63 kcal) 98p		
Grilled halloumi-style cheese  (447 kcal) 2.07		
Add: Hash brown  (82 kcal) 51p		

Tea, coffee and hot chocolate

FREE REFILLS

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —

LAVAZZA TORINO, ITALIA, 1895

100% ARABICA BEANS

50% CACAO

£1.71 each

Biscuits

Walkers shortbread 151 kcal 71p

Stem ginger biscuit 123 kcal 71p

Belgian chocolate biscuit 129 kcal 71p

Salted caramel brownie bar 316 kcal 1.64

for the facts drinkaware.co.uk jdwetherspoon.com

FOOD

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

The Rockingham Arms

Elephant & Castle



Metro Central Heights is the former headquarters of the Department of Health and Social Security. Purpose built in the early 1960s, it covers the site of the long-standing Rockingham Arms. From towards the end of the 19th century, this site was occupied by the Tarns Department Store and the Isaac Waltons Store after that. The emporium was destroyed during the 40s' Blitz, like the long-standing Rockingham Arms pub, on the corner of what is now Metro Central Heights.

Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale

FOOD HYGIENE RATING

1 2 3 4 5

Food hygiene rating

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

CERTIFIED SUSTAINABLE SEAFOOD MSC

www.msc.org

Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standard for well-managed and sustainable fisheries.

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.

Allergen and nutritional information can be found on the customer information screen, website and Wetherspoon app.

Adults need around 2000 kcal a day.8

Breakfast	Traditional breakfast
8am - 12 noon	£5.99

Tea, coffee and hot chocolate	£1.71 each
Free refills	

Deli Deals

INCLUDES A DRINK

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

£4.94

soft drink* £6.16 | alcoholic drink* £7.92

Burger meals

INCLUDES A DRINK

Featuring 3oz American burger

soft drink* £7.50 | alcoholic drink* £9.26

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* £8.15 | alcoholic drink* £9.91

Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* £11.72 | alcoholic drink* £13.48

Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink* £9.97 | alcoholic drink* £11.73

INCLUDES A DRINK

Choose from over 150 drinks

LAVAZZA

TORINO, ITALIA, 1895

100% ARABICA BEANS

Coffee

The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.

Award-winning children's menu

Independently run 'secret diner' survey.

Sustainable Restaurant Association

Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels

Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.

Book direct.

Available only at jdwetherspoon.com, on the app or by phone.

UNLIMITED FREE Wi-Fi

goodfoodtalks

opening menus for everybody

The spoken menu app for the visually impaired

Small plates | Any 3 for £14.99

8" pizzas. Sourdough base — proved, stretched, topped and freshly baked to order.		
Margherita	467 kcal. Mozzarella, basil	6.76
Pepperoni	575 kcal. Mozzarella, pepperoni	7.35
Ham and mushroom	505 kcal. Mozzarella, ham, mushroom, rocket	7.35
BBQ chicken	555 kcal. Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.35
Roasted vegetable	514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.35
Roasted vegetable and vegan cheese	416 kcal Mushroom, roasted pepper, courgette, onion, basil	7.35
Spicy meat feast	615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.95
NEW Char-grilled halloumi-style cheese	514 kcal	6.35
Rocket, roasted pepper, courgette, onion, salsa		
11" garlic pizza bread	772 kcal	5.72
Nachos	695 kcal	6.46
Cheese, guacamole, salsa, sour cream, sliced chillies		
Bowl of chips	964 kcal	3.99
Bowl of chips with curry sauce	1082 kcal	5.29
Cheesy chips	1256 kcal	5.49
Loaded chips	1303 kcal. Cheese, maple-cured bacon, sour cream	5.79
Tomato & basil soup	374 kcal. White bloomer bread	6.13
Vegan option available with vegan spread		
With any of the small plates below, choose one dip:		
NEW Korean-style dip 96 kcal; Sweet chilli 37 kcal; Sticky soy 100 kcal		
Naga chilli 136 kcal; Jack Daniel's® Tennessee Honey glaze 87 kcal		
Chipotle mayo 150 kcal; Blue cheese 270 kcal; BBQ sauce 83 kcal		
Halloumi-style fries	396 kcal	6.35
Chicken bites	322 kcal. Ten battered chicken breast pieces	6.46
Southern-fried chicken strips	459 kcal. Five chicken breast strips	6.58
Chicken wings	813 kcal. Ten spicy chicken wings	7.36
Quorn™ nuggets	331 kcal. Eight coated pieces	6.18

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	4.94 each
Small vegetarian brunch wrap	545 kcal Fried egg, two vegan sausages, Cheddar cheese	
Small shawarma chicken	502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	6.16 each
Small Quorn™ nuggets	310 kcal Salad leaves, tomato, cucumber, salsa	alcoholic drink* 7.92 each
Small southern-fried chicken	399 kcal Salad leaves, smoky chipotle mayo	
Small cold chicken breast	277 kcal Salad leaves, sweet chilli sauce	
Small fried halloumi-style cheese	391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	
Add: Small side salad (46 kcal); Small portion of chips (329 kcal) 1.13 each		

12" wraps		
NEW Korean fried chicken 618 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce		
Shawarma chicken	719 kcal. Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
Southern-fried chicken	609 kcal. Salad leaves, smoky chipotle mayo	
Cold chicken breast	479 kcal. Salad leaves, sweet chilli sauce	
Fried halloumi-style cheese	707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	soft drink* 7.73 each
Quorn™ nuggets	508 kcal. Tomato, cucumber, salsa	alcoholic drink* 9.49 each
Paninis		
NEW Roasted vegetable and vegan cheese 480 kcal		
Tuna mayo and Cheddar cheese 590 kcal		
Cheddar cheese and tomato 527 kcal		
Wiltshire cured ham and Cheddar cheese 508 kcal		
BBQ chicken, bacon and Cheddar cheese 586 kcal		
8" pizzas on a freshly baked sourdough base		
Choose any 8" pizza from the small plates section.		
Add: Side salad (91 kcal); Tomato & basil soup (150 kcal)		
Spicy rice (208 kcal); Chips (602 kcal) 1.54 each		

Burgers | INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.		
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).		
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* 7.50 each	
Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 9.26 each	
Skinny beef burger 375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips		
American cheese burger 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 8.08 alcoholic drink* 9.84	
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).		
Double American burger 1138 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* 9.76 each	
Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 11.52 each	
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		
soft drink* 10.34 alcoholic drink* 12.10		
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* 11.96 each	
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce		
Choose: Beef (two 3oz beef patties) 1644 kcal		
Char-grilled chicken breast 1494 kcal; Fried buttermilk chicken 1780 kcal	alcoholic drink* 13.72 each	
Heatwave burger Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing		
Choose: Char-grilled chicken breast 1722 kcal; Fried buttermilk chicken 2007 kcal		
Fiesta burger 1380 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion		
Triple American cheese & bacon burger 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* 13.42 alcoholic drink* 15.18	

Curries | INCLUDES A DRINK

Classic curries With basmati pilau rice, plain naan and poppadums.		
Mangalorean roasted cauliflower & spinach curry 927 kcal		
Chicken tikka masala 1190 kcal	soft drink* 11.90 each	alcoholic drink* 13.66 each
Chicken jalfrezi 935 kcal		
Beef Madras 1043 kcal		
Change your plain naan to a garlic naan (add 92 kcal) 52p		
Simple curries With basmati pilau rice or chips.		
Simple Mangalorean roasted cauliflower & spinach curry 927 kcal		
Choose: Basmati pilau rice 568 kcal; Chips 970 kcal		
Simple chicken tikka masala 1190 kcal	soft drink* 9.67 each	alcoholic drink* 11.43 each
Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal		
Simple chicken jalfrezi 977 kcal		
Choose: Basmati pilau rice 575 kcal; Chips 977 kcal		
Simple beef Madras 1086 kcal		
Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal		
Add: One vegetable samosa and two onion bhajis (293 kcal) 1.86		
Two plain poppadums (86 kcal) 52p		

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.		
Katsu grilled chicken curry 542 kcal Sliced char-grilled chicken breast	soft drink* 10.79 each	alcoholic drink* 12.55 each
Katsu Quorn™ nugget curry 686 kcal Eight coated pieces		
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet		

Adults need around 2000 kcal a day.[§]

Chicken burgers		
Served with a small portion of chips (329 kcal, included in Calories below).		
NEW Korean crunchy chicken strip burger 712 kcal Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce	soft drink* 7.50 each	
Crunchy chicken strip burger 776 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink* 9.26 each	
Served with chips (602 kcal, included in Calories below).		
Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	soft drink* 9.76 each	
Char-grilled chicken breast burger 970 kcal Skinny chicken burger 394 kcal Char-grilled chicken breast, with a side salad, instead of chips	alcoholic drink* 11.52 each	
Meat-free burgers		
Served with chips (602 kcal, included in Calories below).		
Beyond Burger™ 1043 kcal BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* 9.76 each	
Breaded vegetable burger 1039 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* 11.52 each	
Fried halloumi-style cheese burger 1118 kcal Sweet chilli sauce		
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	soft drink* 4.66 each	
American burger 367 kcal Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger 447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise		
Additional toppings and burger patties		
Maple-cured bacon with Cheddar cheese 173 kcal	2.24	
Maple-cured bacon with American-style cheese 160 kcal	2.24	
Cheddar cheese 82 kcal	1.62	
American-style cheese 69 kcal	1.62	
NEW Vegan cheese 57 kcal	1.62	
Maple-cured bacon 91 kcal	1.62	
Crunchy chicken strip 92 kcal	1.60	
3oz beef patty 168 kcal; Char-grilled chicken breast 187 kcal		
Fried buttermilk chicken 473 kcal; Breaded vegetable patty 257 kcal		
Fried halloumi-style cheese 298 kcal BEYOND MEAT patty 184 kcal		each 2.07

Chicken | INCLUDES A DRINK

NEW

Sticky Korean fried chicken bowl 961 kcal

Chicken strips, chicken breast bites,
chips tossed in a Korean-style sauce, coriander, sliced chillies

soft drink* 9.79

alcoholic drink* 11.55

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

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.

soft drink* 12.90 each

alcoholic drink* 14.66 each

Coleslaw, Naga chilli dip

Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal

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

Char-grilled half chicken, mash and gravy 818 kcal

Lemon & herb chicken, peas, chicken gravy

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

Chicken wing basket

Eight wings, coleslaw, Naga chilli dip

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

Southern-fried chicken strips basket

soft drink* 10.73 each

alcoholic drink* 12.49 each

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

Add: Chicken gravy (50 kcal) 99p

Eight coated pieces, coleslaw, sweet chilli sauce

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

11" pizzas | INCLUDES A DRINK


Sourdough base — proved, stretched, topped and freshly baked to order.


soft drink*

10.73

alcoholic drink*


12.49



Margherita  934 kcal. Mozzarella, basil




Pepperoni  1151 kcal
Mozzarella, pepperoni

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, basil

Roasted vegetable and vegan cheese   829 kcal
Mushroom, roasted pepper, courgette, onion, basil



Spicy meat feast    1214 kcal
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings

Red onion  10 kcal; Sliced chillies       3 kcal; Mushroom  4 kcal each **93p**

Garlic & herb dip  180 kcal; Mozzarella  150 kcal; Ham 71 kcal

Chicken breast 94 kcal; Maple-cured bacon 91 kcal each **1.25**

Pepperoni  109 kcal; Roasted vegetables  90 kcal each **1.63**

Small pub classics | INCLUDES A DRINK

Small freshly battered cod and chips 681 kcal or mushy peas 739 kcal		
soft drink* 9.92 alcoholic drink* 11.68		
Small Whitby breaded scampi 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	9.92	11.68
Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56		
Small Wiltshire cured ham, egg and chips 455 kcal One slice of Wiltshire cured ham, fried egg	8.68	10.44
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips	8.68	10.44
Add: Black pudding (178 kcal) 80p		
Small vegetarian all-day brunch 611 kcal Two vegan sausages, fried egg, baked beans, chips	8.68	10.44

Afternoon deal	soft drink* 8.15	alcoholic drink* 9.91
Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.		

Pub classics | INCLUDES A DRINK














Freshly battered cod and chips 1240 kcal or mushy peas 1298 kcal		
soft drink* 12.14 alcoholic drink* 13.90		
Whitby breaded scampi 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	12.14	13.90
Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56		
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips	11.49	13.25
Add: Black pudding (178 kcal) 80p		
Vegetarian all-day brunch 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	11.49	13.25
Steak & kidney pudding Peas, onion & red wine gravy	10.38	12.14
Choose: Mashed potato 963 kcal; Chips 1279 kcal		
Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	10.38	12.14
Vegetarian bangers and mash 635 kcal Three vegan sausages, peas, onion & red wine gravy	10.38	12.14
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	9.79	11.55
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.49	11.25
Vegan sausages, chips and beans 910 kcal Three vegan sausages	9.49	11.25
NEW Chilli bean non-carne 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	10.38	12.14

Afternoon deal	soft drink* 9.32	alcoholic drink* 11.08
Mon - Fri, 2pm - 5pm Choose from the above pub classic meals.		

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.		
soft drink* 13.30 alcoholic drink* 15.06		
Classic 8oz sirloin steak 459 kcal		
Classic 10oz rib-eye steak 717 kcal	15.80	17.56
Choose: Side salad 87 kcal; Mediterranean salad 198 kcal; Jacket potato 225 kcal		
Mashed potato 143 kcal; Chips 602 kcal		
Gourmet 8oz sirloin steak 712 kcal	15.64	17.40
Gourmet 10oz rib-eye steak 965 kcal	18.14	19.90
Peas, tomato, mushroom, three onion rings, steak sauce		
Choose: Side salad 87 kcal; Mediterranean salad 198 kcal; Jacket potato 225 kcal		
Mashed potato 143 kcal; Chips 602 kcal		
Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal)		
Jack Daniel's® Tennessee Honey glaze (87 kcal) 1.92 each		
Below meals are served with peas, tomato and mushroom.		
soft drink* 12.14 alcoholic drink* 13.90		
BBQ chicken melt 402 kcal; Cheddar cheese, bacon, BBQ sauce		
Choose: Side salad 609 kcal; Mediterranean salad 739 kcal		
Jacket potato 856 kcal; Mashed potato 827 kcal; Chips 1143 kcal		
5oz gammon and egg 402 kcal; Mediterranean salad 532 kcal	10.79	12.55
Choose: Side salad 611 kcal; Mediterranean salad 741 kcal		
Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal	13.95	15.71
10oz gammon and eggs 402 kcal; Mediterranean salad 532 kcal		
Choose: Side salad 611 kcal; Mediterranean salad 741 kcal		
Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal		
Mixed grill 402 kcal; Cheddar cheese, bacon, BBQ sauce	13.95	15.71
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 402 kcal; Cheddar cheese, bacon, BBQ sauce	15.72	17.48
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

INCLUDES A DRINK			soft drink*	alcoholic drink*
Ramen noodle bowl	  	466 kcal	9.29	11.05
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth				
Add: Char-grilled chicken breast (93 kcal) 1.25				
Poached egg		98p		
Chicken & maple-cured bacon salad			10.49	12.25
Choose: Char-grilled chicken breast		283 kcal		
Southern-fried chicken breast strips		465 kcal		
Mediterranean salad		334 kcal	9.49	11.25
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing				
Add: Grilled halloumi-style cheese  (447 kcal) 2.07				
Tuna mayo (298 kcal)	1.16	Roasted vegetables  (90 kcal) 1.63		
Char-grilled chicken breast (187 kcal) 2.07				
Grilled halloumi-style cheese			9.49	11.25
& roasted vegetable salad		494 kcal		
Roasted pepper, courgette, onion, pico de gallo, dressing				
Burrito salad bowl		668 kcal	9.49	11.25
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies				
Add: Char-grilled chicken breast (187 kcal) 2.07				
Chilli bean non-carne   (149 kcal) 2.07				