## Desserts

**Millionaire's shortbread** (V) (Under 500) 331 kcal — **2.61**
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce

**Vanilla ice cream** (V) (Under 500) 257 kcal — **2.26**
Two scoops, toffee sauce, Belgian chocolate sauce

**Cookie crunch** (V) (Under 500) 287 kcal — **2.26**
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce

**Mini warm chocolate brownie** (V) (Under 500) 397 kcal — **3.43**
Belgian chocolate sauce, vanilla ice cream

**Mini warm cookie dough sandwich** (V) (Under 500) 347 kcal — **3.43**
Salted caramel filling, toffee sauce, vanilla ice cream

**Mini American-style pancakes** (V) (Under 500) 373 kcal — **4.85**
Two pancakes, maple-flavour syrup, vanilla ice cream

**Fresh fruit and ice cream** (V) (5%) (Under 500) 379 kcal — **3.49**
Apple, banana, blueberries, strawberries, vanilla ice cream

**Salted caramel sticky toffee pudding** (V) 799 kcal — **6.31**
Vanilla ice cream

**Warm chocolate fudge cake** (V) 832 kcal. Vanilla ice cream — **6.06**

**Warm chocolate brownie** (V) 697 kcal — **6.06**
Belgian chocolate sauce, vanilla ice cream

**Warm cookie dough sandwich** (V) 601 kcal — **6.06**
Salted caramel filling, toffee sauce, vanilla ice cream

**British Bramley apple crumble** (V) 602 kcal. Vanilla ice cream — **6.37**

**American-style pancakes** (V) (5%) 650 kcal — **6.31**
Four pancakes, maple-flavour syrup, vanilla ice cream

**Add: Vanilla ice cream scoop** (V) (97 kcal) **99p**; **Toffee sauce** (V) (66 kcal) **47p**
**Belgian chocolate sauce** (Vg) (61 kcal) **47p**; **Banana** (Vg) (110 kcal) **60p**
**Strawberries** (Vg) (14 kcal) **60p**; **Blueberries** (Vg) (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
(V) Vegetarian (Vg) Vegan (5%) 5% fat or less (Under 500) Dish under 500 Calories

**Adults need around 2000 kcal a day.[§]**


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# BREAKFAST Served 8am – 12 noon

**Large breakfast** 1320 kcal — **7.59**
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast

**Traditional breakfast** 774 kcal — **5.99**
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

**Small breakfast** (Under 500) 435 kcal — **3.99**
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

**Add: Black pudding** (178 kcal) **80p**

**Freedom breakfast** 581 kcal — **3.99**
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

**Large vegetarian breakfast** (V) 1075 kcal — **7.59**
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

**Vegetarian breakfast** (V) 729 kcal — **5.99**
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast

**Small vegetarian breakfast** (V) (5%) (Under 500) 281 kcal — **3.99**
Fried egg, vegan sausage, baked beans, hash brown, tomato

**Vegan breakfast** (Vg) (5%) 616 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

## Tea and toast

**Includes tea, coffee or hot chocolate. Free refills[□]**

| | with drink | without drink |
|---|---|---|
| **Two slices of toast with jam or marmalade** (V) (Under 500) 458 kcal. White bloomer bread | **2.49** | **1.99** |

## Breakfast butties and wraps

**Bacon butty** 574 kcal — **3.69**
Three back bacon rashers, buttered white bloomer bread

**Sausage butty** 714 kcal — **3.69**
Two Lincolnshire sausages, buttered white bloomer bread

**Vegetarian sausage butty** (V) 520 kcal — **3.69**
Two vegan sausages, buttered white bloomer bread
**Vegan option available with vegan spread** (Vg) (5%) (Under 500) 414 kcal

**Breakfast wrap** 724 kcal — **5.67**
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese

**Vegetarian breakfast wrap** (V) 715 kcal — **5.67**
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

## Breakfast muffin deal

**Includes tea, coffee, hot chocolate (free refills[□]) or a soft drink.**

**Egg & cheese muffin** (V) (Under 500) 280 kcal — **3.59**
Fried egg, American-style cheese, in an English muffin

**Egg & bacon muffin** (Under 500) 346 kcal — **3.79**
Fried egg, bacon, American-style cheese, in an English muffin

**Egg & sausage muffin** (Under 500) 449 kcal — **3.79**
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin

**Egg & vegetarian sausage muffin** (V) (Under 500) 352 kcal — **3.79**
Fried egg, vegan sausage, American-style cheese, in an English muffin

**Breakfast muffin** 514 kcal — **3.99**
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

**Add: Hash brown** (Vg) (82 kcal) **51p**

**Eggs Benedict** 756 kcal — **6.65**
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

**Mushroom Benedict** (V) 667 kcal — **6.65**
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

**Miner's Benedict** 970 kcal — **6.65**
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

**American-style pancakes – choose:**
Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. (V) (5%) 694 kcal — **6.31**
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal — **6.31**
Four pancakes, maple-flavour syrup. (V) (5%) 554 kcal — **5.60**

**Small American-style pancakes – choose:**
Two pancakes, maple-cured bacon, maple-flavour syrup. (Under 500) 322 kcal — **4.85**
Two pancakes, maple-flavour syrup. (V) (5%) (Under 500) 277 kcal — **4.57**

**Scrambled egg on toast** (V) 570 kcal — **3.99**
Three eggs, buttered white bloomer toast

**Beans on toast** (V) (5%) 566 kcal. Buttered white bloomer toast — **3.92**
**Vegan option available with vegan spread** (Vg) (5%) (Under 500) 460 kcal

**Small beans on toast** (V) (5%) (Under 500) 252 kcal. Buttered white bloomer toast — **2.77**

**Fresh fruit** (Vg) (5%) (Under 500) 186 kcal. Apple, banana, blueberries, strawberries — **2.99**

**Fresh fruit and yoghurt** (V) (5%) (Under 500) 320 kcal — **3.49**
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

**Porridge** (V) (5%) (Under 500) 253 kcal (plain) — **1.99**
**Add: Banana** (Vg) (110 kcal) **60p**; **Strawberries** (Vg) (14 kcal) **60p**
**Blueberries** (Vg) (17 kcal) **60p**; **Honey** (V) (152 kcal) **30p**
**Sliced apple** (Vg) (46 kcal) **60p**; **Maple-flavour syrup** (Vg) (104 kcal) **30p**

## Breakfast extras

**Add any of the following:**

| | | | |
|---|---|---|---|
| **Black pudding** 178 kcal | **80p** | **Hash brown** (Vg) 82 kcal | **51p** |
| **Two back bacon rashers** 131 kcal | **1.67** | **Two mushrooms** (Vg) 94 kcal | **98p** |
| **Lincolnshire sausage** 168 kcal | **1.15** | **Two tomato halves** (Vg) 16 kcal | **57p** |
| **Vegan sausage** (Vg) 72 kcal | **1.15** | **Hollandaise sauce** (V) 299 kcal | **1.92** |
| **Fried egg** (V) 56 kcal | **98p** | **Slice of toast** (V) 192 kcal | **1.23** |
| **Poached egg** (V) 63 kcal | | | **98p** |
| **Two scrambled eggs** (V) 136 kcal | | | **1.73** |
| **Baked beans** (Vg) 126 kcal | | | **98p** |

## Tea, coffee and hot chocolate

**FREE REFILLS[□]**
**TEA, COFFEE AND HOT CHOCOLATE**
**— ALL DAY EVERY DAY —**
LAVAZZA TORINO, ITALIA, 1895 — 100% ARABICA BEANS
**£1.71** each

**Flat white** (V) 92 kcal
**Cappuccino** (V) 102 kcal
**Latte** (V) 113 kcal
**Mocha** (V) 147 kcal
**Espresso** (Vg) 6 kcal
**Black coffee** (Vg) 6 kcal
**White coffee** (V) 24 kcal
**Hot chocolate** (V) 169 kcal
**Tea** with semi-skimmed milk (V) 14 kcal
Dairy alternative: oat sachet (Vg) 4 kcal
Decaffeinated tea and coffee available.

**Biscuits** — **71p** each
**Walkers shortbread** (V) 151 kcal
**Stem ginger biscuit** (V) 123 kcal
**Belgian chocolate biscuit** (V) 129 kcal

for the facts **drinkaware.co.uk**

jdwetherspoon.com

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 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 tea and decaffeinated coffee.** ***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 J2O 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).

STD MENU_1260

# FOOD

**Main menu 11.30am – 11pm. Children's menu available.**

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: Order food and/or drinks • Search for a pub • Book a hotel • Save your favourites • Find an ale

**Breakfast** 8am – 12 noon — Traditional breakfast **£5.99**

**Tea, coffee and hot chocolate Free refills[□]** — **£1.71** each

**Wings, bites and strips**
Mix and match
**£2.99** each
**2 for £5.49** | **3 for £7.49**

**Small plates**
Mix and match
**3 for £14.99**

**Deli Deals[◊]**
**INCLUDES A DRINK[◊]**
Featuring southern-fried chicken wrap just-a-wrap, without a drink
**£6.55**
soft drink* **£7.73** | alcoholic drink* **£9.49**

**Afternoon deals**
**INCLUDES A DRINK[◊]**
Mon – Fri, 2pm – 5pm
Featuring small freshly battered fish and chips
soft drink* from **£8.15** | alcoholic drink* from **£9.91**

**Gourmet burger meals**
**INCLUDES A DRINK[◊]**
Featuring NEW The Big Smoke burger
soft drink* **£11.95** | alcoholic drink* **£13.71**

**INCLUDES A DRINK[◊]**
**Choose from over 150 drinks**

**Food hygiene rating**
We have been awarded the maximum food hygiene rating of 5 in this pub.

**Sustainable fish**
The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.

**100% UK and Irish beef**
Traceable from farm to fork.

**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'.

**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†† we serve is from Rainforest Alliance-certified farms.

**Award-winning children's menu**
Independently run 'secret diner' survey.

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

Adults need around 2000 kcal a day.§


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

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# Small plates | 3 for £14.99

**8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.**

**Margherita** (V) (HFSS 500) 475 kcal. Mozzarella, fresh basil — **6.76**

NEW **Spicy chicken** 🌶🌶🌶 706 kcal — **7.35**
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket

**Pepperoni** 🌶🌶 556 kcal. Mozzarella, pepperoni — **7.35**

**Ham and mushroom** 512 kcal. Mozzarella, ham, mushroom, rocket — **7.35**

**BBQ chicken** 562 kcal — **7.35**
Mozzarella, chicken breast, BBQ sauce, red onion, rocket

**Roasted vegetable** (V) 522 kcal — **7.35**
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil

**Vegan roasted vegetable** (Ve) (5%) (HFSS 500) 358 kcal — **7.35**
Mushroom, roasted pepper, courgette, onion, fresh basil

**Spicy meat feast** 🌶🌶🌶 606 kcal — **7.95**
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

**11" garlic pizza bread** (V) 778 kcal — **5.72**

**Nachos** 🌶🌶🌶 (V) 768 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies — **6.46**

**Bowl of chips** (Ve) 964 kcal — **3.99**

**Bowl of chips with curry sauce** (Ve) 1082 kcal — **5.29**

**Cheesy chips** (V) 1256 kcal — **5.49**

**Loaded chips** 1303 kcal. Cheese, maple-cured bacon, sour cream — **5.79**

NEW **Shawarma-chicken-topped chips** 🌶🌶🌶 1387 kcal — **5.79**
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces

**Halloumi-style fries** 🌶🌶 (V) (HFSS 500) 458 kcal. Sweet chilli sauce — **6.35**

**Chicken bites** (HFSS 500) 403 kcal — **6.46**
Ten battered chicken breast pieces, BBQ sauce

**Southern-fried chicken strips** 🌶 547 kcal — **6.58**
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze

**Chicken wings** 🌶🌶🌶 1113 kcal. Ten spicy chicken wings, Naga chilli sauce — **7.36**

**Quorn™ nuggets** 🌶🌶 (Ve) (HFSS 500) 345 kcal — **6.18**
Eight coated pieces, sweet chilli sauce

# Wings, bites and strips

**Mix and match**

**Five chicken wings** 🌶🌶🌶 (HFSS 500) 445 kcal
Spicy chicken wings

**Five chicken bites** (HFSS 500) 161 kcal
Battered chicken breast pieces

**Three southern-fried chicken strips** 🌶 (HFSS 500) 276 kcal
Chicken breast strips

**Five Quorn™ nuggets** (Ve) (HFSS 500) 177 kcal. Five coated pieces

2.99 each | 2 for 5.49 | 3 for 7.49

**Add: Sweet chilli sauce** 🌶🌶 (Ve) (62 kcal)
**Naga chilli sauce** 🌶🌶🌶 (Ve) (136 kcal); **BBQ sauce** (Ve) (83 kcal)
**Jack Daniel's® Tennessee Honey glaze** (V) (87 kcal)
**Chipotle mayo** 🌶🌶🌶 (V) (150 kcal); **Blue cheese sauce** (V) (270 kcal)
**Garlic & herb dip** (Ve) (301 kcal)

99p each

# Deli Deals® INCLUDES A DRINK*

**All wraps, paninis and 8" pizzas are freshly made to order.**

**12" wraps** (just-a-wrap, without a drink **6.55** each)

NEW **Brunch wrap** 741 kcal
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese

NEW **Vegetarian brunch wrap** (V) 622 kcal
Two fried eggs, two vegan sausages, Cheddar cheese

**Shawarma chicken** 🌶🌶🌶 712 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket

**Quorn™ nuggets** 🌶 (Ve) (HFSS 500) 490 kcal
Salad leaves, tomato, cucumber, salsa

**Southern-fried chicken** 🌶🌶🌶 623 kcal
Salad leaves, smoky chipotle mayo

**Cold chicken breast** 🌶🌶 (5%) (HFSS 500) 485 kcal
Salad leaves, sweet chilli sauce

**Fried halloumi-style cheese** 🌶🌶 (V) 727 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

soft drink* 7.73 each | alcoholic drink* 9.49 each

**Paninis**

**Cheddar cheese and tomato** (V) 604 kcal

**Wiltshire cured ham and Cheddar cheese** 580 kcal

**BBQ chicken, bacon and Cheddar cheese** (5%) 576 kcal

**Tuna mayo and Cheddar cheese** 581 kcal

**8" pizzas**

**Choose any 8" pizza from the small plates section.**

**Add: Side salad** (Ve) (111 kcal); **Spicy rice** 🌶 (Ve) (203 kcal); **Chips** (Ve) (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.**

**Served with chips** (add 602 kcal) **or ask for a side salad** (Ve) (add 111 kcal).
**With red onion, gherkin, ketchup, American-style mustard.**

**American** 529 kcal — soft drink* **9.75**, alcoholic drink* **11.51**
6oz beef patty

**American cheese** 597 kcal — soft drink* **10.34**, alcoholic drink* **12.10**
6oz beef patty, American-style cheese

**Served with chips** (add 602 kcal) **or ask for a side salad** (Ve) (add 111 kcal).
**With iceberg lettuce, tomato, red onion.**

**The classic burger** 540 kcal
6oz beef patty

**Fried buttermilk chicken** 460 kcal
Breaded whole chicken breast fillet

**The plant burger** (Ve) 537 kcal
Plant-based patty, garlic & herb sauce

soft drink* 9.75 each | alcoholic drink* 11.51 each

**Halloumi-style cheese and sweet chilli** 🌶🌶🌶 (V) 638 kcal
Fried halloumi-style cheese, sweet chilli sauce

**Served with chips** (add 602 kcal) **or ask for a side salad** (Ve) (add 111 kcal).

**Crunchy chicken** 🌶 440 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

NEW **Korean fried chicken** 🌶 376 kcal
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

soft drink* 7.50 each | alcoholic drink* 9.26 each

# Gourmet burgers INCLUDES A DRINK*

**Served with six beer-battered onion rings** (add 269 kcal) **and chips** (add 602 kcal) **or ask for a side salad** (Ve) (add 111 kcal).
**With iceberg lettuce, tomato, red onion.**

NEW **Cheese meltdown**
American-style cheese, smothered with Emmental & Cheddar cheese sauce
**Choose: Beef** (6oz beef patty) 732 kcal
**Fried buttermilk chicken** 839 kcal

NEW **The Big Smoke**
Pulled BBQ beef brisket, American-style cheese, maple-cured bacon
**Choose: Beef** (6oz beef patty) 1170 kcal
**Fried buttermilk chicken** 1310 kcal

NEW **Buffalo** 🌶🌶🌶 819 kcal
Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing

NEW **BBQ stack** (Ve) 439 kcal
Plant-based patty, stacked with six onion rings and covered with BBQ sauce

**The ultimate burger** 851 kcal
6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

**Tennessee**
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze
**Choose: Beef** (6oz beef patty) 719 kcal
**Fried buttermilk chicken** 639 kcal

soft drink* 11.95 each | alcoholic drink* 13.71 each

NEW **The Empire State** 1038 kcal — soft drink* **13.41**, alcoholic drink* **15.17**
Two 6oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

**Additional toppings**

| | |
|---|---|
| **Sliced pickled gherkins** (Ve) 11 kcal | 50p |
| **BBQ sauce** (Ve) 71 kcal | 99p |
| **Maple-cured bacon with Cheddar cheese** 173 kcal | 2.24 |
| **Maple-cured bacon with American-style cheese** 160 kcal | 2.24 |
| **Cheddar cheese** (V) 82 kcal | |
| **American-style cheese** (V) 69 kcal | |
| **Maple-cured bacon** 91 kcal | |
| **Crunchy chicken strip** 🌶 92 kcal | each 1.62 |

**Additional burger patties**

| | |
|---|---|
| **6oz beef patty** 337 kcal | 2.34 |
| **Fried buttermilk chicken** 473 kcal | |
| **Fried halloumi-style cheese** (V) 298 kcal | |
| **Plant-based patty** (Ve) 152 kcal | each 2.07 |

# Chicken INCLUDES A DRINK*

**Sticky Korean fried chicken bowl** 🌶
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies
**Choose: Coconut-flavour rice** (5%) 866 kcal; **Chips** 1234 kcal

**Sticky Korean fried Quorn™ 'no chicken' bowl** 🌶 (Ve)
Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies
**Choose: Coconut-flavour rice** (5%) 712 kcal; **Chips** 1080 kcal

soft drink* 9.79 each | alcoholic drink* 11.55 each

**Boneless basket** 🌶
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce
**Choose: Side salad** 720 kcal; **Spicy rice** 856 kcal; **Chips** 1255 kcal

**Chicken bites basket**
Ten battered chicken breast pieces, coleslaw, BBQ sauce
**Choose: Side salad** 622 kcal; **Spicy rice** 🌶 758 kcal; **Chips** 1157 kcal

**Southern-fried chicken strips basket** 🌶
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze
**Choose: Side salad** 747 kcal; **Spicy rice** 883 kcal; **Chips** 1282 kcal

**Quorn™ 'no chicken' nuggets basket** 🌶🌶 (V)
Eight coated pieces, coleslaw, sweet chilli sauce
**Choose: Side salad** 520 kcal; **Spicy rice** 657 kcal; **Chips** 1056 kcal

soft drink* 10.73 each | alcoholic drink* 12.49 each

# Curries INCLUDES A DRINK*

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

**Sweet potato, chickpea & spinach curry** 🌶🌶 (Ve) (5%) 916 kcal

**Chicken tikka masala** 🌶🌶 1036 kcal

**Chicken jalfrezi** 🌶🌶🌶 (5%) 923 kcal

**Beef Madras** 🌶🌶🌶🌶 1088 kcal

soft drink* 11.90 each | alcoholic drink* 13.66 each

**Change your plain naan to a garlic naan** (V) (add 92 kcal) **52p**

**Simple curries** With basmati pilau rice or chips.

**Simple sweet potato, chickpea & spinach curry** 🌶🌶 (Ve)
**Choose: Basmati pilau rice** 557 kcal; **Chips** 959 kcal

**Simple chicken tikka masala** 🌶🌶
**Choose: Basmati pilau rice** 676 kcal; **Chips** 1079 kcal

**Simple chicken jalfrezi** 🌶🌶🌶
**Choose: Basmati pilau rice** (5%) 564 kcal; **Chips** 966 kcal

**Simple beef Madras** 🌶🌶🌶🌶
**Choose: Basmati pilau rice** 729 kcal; **Chips** 1131 kcal

soft drink* 9.67 each | alcoholic drink* 11.43 each

**Add: One vegetable samosa and two onion bhajis** 🌶🌶 (Ve) (295 kcal) **1.86**
**Two plain poppadums** (Ve) (86 kcal) **52p**

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

**Katsu grilled chicken curry** 🌶 (5%) 542 kcal
Sliced chicken breast

**Katsu Quorn™ nugget curry** 🌶 (Ve) 638 kcal
Eight coated pieces

**Katsu chicken curry** 🌶 828 kcal
Sliced whole breaded chicken breast fillet

soft drink* 10.79 each | alcoholic drink* 12.55 each

# Curry Club®

**Thursday 11.30am – 11pm**
**Featuring chicken korma – see Curry Club® menu for full range.**

soft drink* 10.56 | alcoholic drink* 12.32

# Jacket potatoes INCLUDES A DRINK*

**With side salad and one filling. Extra fillings 1.32 each.**

**Tuna mayo** 594 kcal

**Coleslaw** (V) 561 kcal

**Cheese** (V) 587 kcal

**Baked beans** (Ve) (5%) (HFSS 500) 484 kcal

**Chilli bean non-carne** 🌶 (Ve) (5%) (HFSS 500) 444 kcal

**Roasted vegetables** (Ve) (5%) (HFSS 500) 385 kcal

soft drink* 8.90 each | alcoholic drink* 10.66 each

# Pub classics INCLUDES A DRINK*

| | soft drink* | alcoholic drink* |
|---|---|---|
| **Freshly battered fish and chips** Cod, peas 1251 kcal, mushy peas 1308 kcal or baked beans 1247 kcal | 12.14 | 13.90 |
| **Whitby breaded scampi** Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi | 12.14 | 13.90 |

**Add: Two slices of bread** (V) (383 kcal) **1.44**
**Chip shop-style curry sauce** (Ve) (118 kcal) **1.56**

| | | |
|---|---|---|
| **All-day brunch** 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips | 11.49 | 13.25 |
| **Vegetarian all-day brunch** (V) 992 kcal Two fried eggs, three vegan sausages, baked beans, chips | 11.49 | 13.25 |
| **BBQ chicken melt** 1132 kcal Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom, chips | 12.14 | 13.90 |
| NEW **Steak & ale pudding** Peas, onion & red wine gravy | 10.38 | 12.14 |

**Choose: Mashed potato** 957 kcal; **Chips** 1260 kcal

| | | |
|---|---|---|
| **Bangers and mash** 888 kcal Three Lincolnshire sausages, peas, onion & red wine gravy | 10.38 | 12.14 |
| **Vegetarian bangers and mash** (V) 598 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** (Ve) 880 kcal Three vegan sausages | 9.49 | 11.25 |
| **Chilli bean non-carne** 🌶 (Ve) (5%) 629 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips | 10.38 | 12.14 |

## Afternoon deal

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

soft drink* 9.32 | alcoholic drink* 11.08

# Small pub classics INCLUDES A DRINK*

| | soft drink* | alcoholic drink* |
|---|---|---|
| **Small freshly battered fish and chips** Cod, peas 687 kcal, mushy peas 744 kcal or baked beans 683 kcal | 9.92 | 11.68 |
| **Small Whitby breaded scampi** Chips, peas 629 kcal, mushy peas 686 kcal or baked beans 625 kcal. Four Whitby breaded scampi | 9.92 | 11.68 |

**Add: Two slices of bread** (V) (383 kcal) **1.44**
**Chip shop-style curry sauce** (Ve) (118 kcal) **1.56**

| | | |
|---|---|---|
| **Small Wiltshire cured ham, egg and chips** (HFSS 500) 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 **Add: Black pudding** (178 kcal) **80p** | 8.68 | 10.44 |
| **Small vegetarian all-day brunch** (V) 590 kcal Two vegan sausages, fried egg, baked beans, chips | 8.68 | 10.44 |

## Afternoon deal

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

soft drink* 8.15 | alcoholic drink* 9.91

Adults need around 2000 kcal a day.§

# 11" pizzas INCLUDES A DRINK*

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

| | soft drink* | alcoholic drink* |
|---|---|---|
| **Margherita** (V) 949 kcal Mozzarella, fresh basil | 10.73 | 12.49 |

NEW **Spicy chicken** 🌶🌶🌶 1374 kcal
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket

**Pepperoni** 🌶🌶 1111 kcal. Mozzarella, pepperoni

**Ham and mushroom** 1025 kcal
Mozzarella, ham, mushroom, rocket

**BBQ chicken** 1111 kcal
Mozzarella, chicken breast, BBQ sauce, red onion, rocket

**Roasted vegetable** (V) 1044 kcal
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil

soft drink* 11.90 each | alcoholic drink* 13.66 each

**Vegan roasted vegetable** (Ve) (5%) 715 kcal
Mushroom, roasted pepper, courgette, onion, fresh basil

**Spicy meat feast** 🌶🌶🌶 1201 kcal — 13.08 / 14.84
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

**Additional toppings**

| | |
|---|---|
| **Red onion** (Ve) 10 kcal; **Sliced chillies** 🌶🌶🌶🌶🌶 (Ve) 3 kcal; **Mushroom** (Ve) 4 kcal | each 93p |
| **Garlic & herb dip** (Ve) 301 kcal; **Mozzarella** (V) 164 kcal; **Ham** 71 kcal; **Chicken breast** 94 kcal; **Maple-cured bacon** 92 kcal | each 1.25 |
| **Pepperoni** 🌶🌶 82 kcal; **Roasted vegetables** (Ve) 90 kcal | each 1.63 |

# Noodles, salads and pastas INCLUDES A DRINK*

| | soft drink* | alcoholic drink* |
|---|---|---|
| **Ramen noodle bowl** 🌶🌶 (Ve) (5%) (HFSS 500) 477 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth | 9.29 | 11.05 |
| **Chicken & maple-cured bacon salad** **Choose: Chicken breast** (HFSS 500) 384 kcal; **Southern-fried chicken breast strips** 🌶 566 kcal | 10.49 | 12.25 |
| **Mediterranean salad** (Ve) (HFSS 500) 349 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, pumpkin seeds, basil, dressing | 9.49 | 11.25 |
| **Fried halloumi-style cheese & roasted vegetable salad** (V) 607 kcal Roasted pepper, courgette, onion, pico de gallo, dressing | 9.49 | 11.25 |

**Additional toppings:**

| | | | |
|---|---|---|---|
| **Maple-cured bacon** (91 kcal) | 1.62 | **Poached egg** (V) (63 kcal) | 98p |
| **Tuna mayo** (298 kcal) | 1.16 | **Roasted vegetables** (Ve) (90 kcal) | 1.63 |
| **Chicken breast** (187 kcal) | 2.07 | **Chilli bean non-carne** 🌶 (Ve) (149 kcal) | 2.07 |
| **Fried buttermilk chicken** (473 kcal) | | | 2.07 |
| **Spicy pulled chicken thigh** 🌶 (249 kcal) | | | 3.09 |

| | | |
|---|---|---|
| **Pasta alfredo** (V) 519 kcal Giant fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket **Add: Chicken breast** (187 kcal) **2.07**; **Maple-cured bacon** (91 kcal) **1.62** | 10.90 | 12.66 |
| **British beef & pancetta lasagne** **Choose: Side salad** 814 kcal; **Chips** 1346 kcal | 11.46 | 13.22 |

# Sides and extras

| | |
|---|---|
| **Bowl of chips** (Ve) 964 kcal | 3.99 |
| **Small bowl of chips** (Ve) 602 kcal | 2.49 |
| **Five chicken wings** 🌶🌶🌶 445 kcal | 2.99 |
| **Five chicken breast bites** 161 kcal | 2.99 |
| **Eight Whitby breaded scampi** 464 kcal | 5.19 |
| **Side salad** (Ve) 111 kcal | 2.39 |
| **Mediterranean side salad** (Ve) 214 kcal | 3.32 |
| **Roasted vegetables** (Ve) 135 kcal | 1.63 |
| **Onion & red wine gravy** (Ve) 37 kcal | 99p |
| **Sliced chillies** 🌶🌶🌶🌶🌶 (Ve) 3 kcal | 93p |
| **Peas** (Ve) 133 kcal | 99p |
| **Onion rings** (Ve) **Six** 269 kcal | 2.43 |
| **Garlic pizza bread** (V) **8"** 389 kcal | 4.55 |
| **With cheese** (V) **8"** 479 kcal | 5.13 |
| **Coleslaw** (V) 399 kcal | 1.50 |
| **Mushy peas** (V) 248 kcal | 99p |
| **Twelve** 538 kcal | 3.65 |
| **11"** 778 kcal | 5.72 |
| **11"** 958 kcal | 6.59 |

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