Sides and extras

Bowl of chips 964 kcal (Add: Salt & chilli seasoning (7 kcal) 55p)	4.19		
Small bowl of chips 602 kcal	2.69		
Five chicken wings 445 kcal	3.15		
Five chicken breast bites 153 kcal	3.15		
Eight Whitby breaded scampi 464 kcal	5.59		
Side salad 111 kcal	2.59		
Mediterranean side salad 214 kcal	3.52		
Mediterranean vegetables 108 kcal	1.77		
NEW Tenderstem® broccoli and peas 91 kcal	1.60		
Gravy 37 kcal	99p		
Sliced chilli 3 kcal	99p	**Coleslaw** V 266 kcal	1.70
Peas 148 kcal	1.19	**Mushy peas** V 204 kcal	1.19
Onion rings **Six** 244 kcal	2.60	**Twelve** 489 kcal	3.90
Garlic pizza bread V **8"** 389 kcal	4.85	**11"** 778 kcal	6.07
With cheese V **8"** 479 kcal	5.43	**11"** 958 kcal	6.94

Desserts

Fresh fruit and ice cream V 5% UNDER 500 379 kcal — 3.69
Apple, banana, blueberries, strawberries, vanilla ice cream

Salted caramel sticky toffee pudding V 799 kcal — 6.61
Vanilla ice cream

Warm chocolate fudge cake V 832 kcal. Vanilla ice cream — 6.36

Warm chocolate brownie V 697 kcal — 6.36
Belgian chocolate sauce, vanilla ice cream

Warm cookie dough sandwich V 601 kcal — 6.36
Salted caramel filling, toffee sauce, vanilla ice cream

British Bramley apple crumble V 603 kcal. Vanilla ice cream — 6.67

American-style pancakes V 5% 650 kcal — 6.51
Four pancakes, maple-flavour syrup, vanilla ice cream

Mini desserts

Millionaire's shortbread V UNDER 500 331 kcal — 2.81
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce

Vanilla ice cream and sauce V UNDER 500 257 kcal — 2.46
Two scoops, toffee sauce, Belgian chocolate sauce

Cookie crunch V UNDER 500 287 kcal — 2.46
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce

Mini warm chocolate brownie V UNDER 500 397 kcal — 3.63
Belgian chocolate sauce, vanilla ice cream

Mini warm cookie dough sandwich V UNDER 500 349 kcal — 3.63
Salted caramel filling, toffee sauce, vanilla ice cream

Mini American-style pancakes V UNDER 500 373 kcal — 5.00
Two pancakes, maple-flavour syrup, vanilla ice cream

Add: Vanilla ice cream scoop V (97 kcal) **1.09**; Toffee sauce V (66 kcal) **57p**
Belgian chocolate sauce (61 kcal) **57p**; Banana (110 kcal) **70p**
Strawberries (14 kcal) **70p**; Blueberries (17 kcal) **70p**

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 Vegan 5% 5% fat or less UNDER 500 Dish under 500 Calories

Adults need around 2000 kcal a day.§

BREAKFAST 8am – 12 noon

Traditional

Large breakfast 1312 kcal — 7.89
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 770 kcal — 6.29
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

Small breakfast UNDER 500 435 kcal — 4.29
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

Add: Black pudding (67 kcal) **95p**

Freedom breakfast 581 kcal — 4.50
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Large vegetarian breakfast V 1067 kcal — 7.89
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast V 725 kcal — 6.29
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 — 4.29
Fried egg, vegan sausage, baked beans, hash brown, tomato

Vegan breakfast 5% 612 kcal — 4.29
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

Benedicts

Eggs Benedict 774 kcal — 6.95
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict V 667 kcal — 6.95
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 749 kcal — 6.95
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

Lite bite

Scrambled egg on toast V 568 kcal — 4.29
Three eggs, white bloomer toast

Beans on toast V 5% 558 kcal. Buttered white bloomer toast — 4.22
Vegan option available with vegan spread 5% UNDER 500 452 kcal

Fresh fruit 5% UNDER 500 186 kcal. Apple, banana, blueberries, strawberries — 3.09

Fresh fruit and yoghurt V 5% UNDER 500 320 kcal — 3.59
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Porridge, creamy jumbo oats V 5% UNDER 500 188 kcal (plain) — 2.09
Add: Banana (110 kcal) **70p**; Strawberries (14 kcal) **70p**
Blueberries (17 kcal) **70p**; Honey V (152 kcal) **40p**
Sliced apple (46 kcal) **70p**; Maple-flavour syrup (104 kcal) **40p**

Breakfast muffin deal
Includes tea, coffee (free refills*), hot chocolate or a soft drink.

Egg & cheese muffin V UNDER 500 286 kcal — 3.99
Fried egg, American-style cheese, in an English muffin

Egg & bacon muffin UNDER 500 351 kcal — 4.19
Fried egg, bacon, American-style cheese, in an English muffin

Egg & sausage muffin UNDER 500 454 kcal — 4.19
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin

Egg & vegetarian sausage muffin V UNDER 500 357 kcal — 4.19
Fried egg, vegan sausage, American-style cheese, in an English muffin

Breakfast muffin 520 kcal — 4.39
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

Smashed avocado muffin 5% UNDER 500 302 kcal — 4.39
Guacamole, pico de gallo, on an English muffin, rocket
Add: Poached egg V (63 kcal) **1.18**; Maple-cured bacon (91 kcal) **1.77**

Add: Hash brown (82 kcal) **65p**

American

American breakfast 1258 kcal — 8.46
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup

Small American breakfast 629 kcal — 6.61
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup

Pancakes, maple-flavour syrup V 5% 554 kcal — 4.65
Four American-style pancakes, maple-flavour syrup
Add: Maple-cured bacon (91 kcal) **1.77**
Banana, blueberries and strawberries (141 kcal) **2.05**

Small pancakes, maple-flavour syrup V 5% UNDER 500 277 kcal — 3.45
Two American-style pancakes, maple-flavour syrup
Add: Maple-cured bacon (91 kcal) **1.77**

Butties and wraps

Bacon butty 565 kcal — 3.99
Three back bacon rashers, buttered white bloomer bread

Sausage butty 706 kcal — 3.99
Two Lincolnshire sausages, buttered white bloomer bread

Vegetarian sausage butty V 512 kcal — 3.99
Two vegan sausages, buttered white bloomer bread
Vegan option available with vegan spread 5% UNDER 500 406 kcal

Breakfast wrap 750 kcal — 5.97
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap V 742 kcal — 5.97
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast extras

Add any of the following:

Black pudding 67 kcal	95p	**Hash brown** 82 kcal	65p
Two back bacon rashers 131 kcal	1.87	**Two mushrooms** 94 kcal	1.18
Lincolnshire sausage 168 kcal	1.35	**Two tomato halves** 16 kcal	70p
Vegan sausage 72 kcal	1.35	**Hollandaise sauce** V 299 kcal	2.12
Fried egg V 56 kcal	1.18	**Slice of toast** V 188 kcal	1.43
Poached egg V 63 kcal			1.18
Two scrambled eggs V 136 kcal			1.93
Baked beans 126 kcal			1.18

Tea and toast

Includes tea, coffee (free refills*) or hot chocolate.
Two slices of toast with jam or marmalade V UNDER 500 450 kcal
White bloomer bread

with drink **2.75** | without drink **2.25**

Tea and coffee

FREE REFILLS* TEA AND COFFEE — ALL DAY EVERY DAY — LAVAZZA TORINO, ITALIA, 1895 — £1.89 each

Flat white V 92 kcal
Cappuccino V 102 kcal
Latte V 113 kcal
Espresso 6 kcal
Black coffee 6 kcal
White coffee V 24 kcal
Tea
with semi-skimmed milk V 14 kcal
Dairy alternative: oat sachet 4 kcal
Decaffeinated tea and coffee available.

Hot chocolate V 169 kcal — 1.89

Biscuits

Walker's shortbread V 151 kcal
Stem ginger biscuit V 123 kcal
Belgian chocolate biscuit V 129 kcal
75p each

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). *Excludes bank holidays.

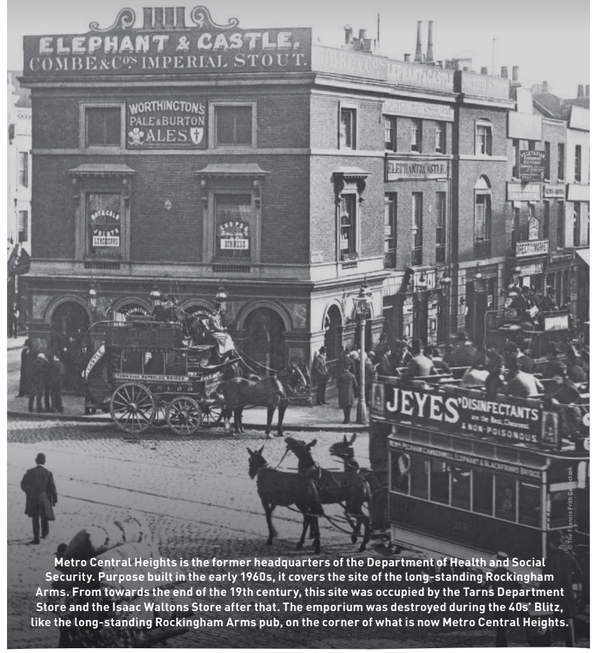
STD MENU_1260

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.

FOOD HYGIENE RATING 5 — **Food hygiene rating** Maximum rating of 5 awarded here.

LAVAZZA TORINO, ITALIA, 1895 — **Coffee** The freshly ground 100% Arabica Lavazza coffee** we serve is from Rainforest Alliance-certified farms.

OUT TO LUNCH Soil Association — **Award-winning children's menu** Independently run 'secret diner' survey.

100% UK AND IRISH BEEF — **100% UK and Irish beef** Traceable from farm to fork.

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

FOOD MADE GOOD 2024 – 2026 — **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'.

RSPCA ASSURED — **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.§

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

UNLIMITED FREE Wi-Fi

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

FREE REFILLS TEA AND COFFEE — LAVAZZA TORINO, ITALIA, 1895 — £1.89 each

Breakfast muffin deal — £4.39 8am – 12 noon
Includes tea, coffee (free refills*), hot chocolate or a soft drink.

Small plates
Mix and match
3 for £14.99
Monday* – 3 for £12

Jacket potatoes
INCLUDES A DRINK*
Featuring tuna mayo
soft drink* £6.49
alcoholic drink* £8.25

Gourmet jackets
INCLUDES A DRINK*
Featuring the loaded spud
soft drink* £7.99
alcoholic drink* £9.75

NEW Burger deals
INCLUDES A DRINK*
Featuring American cheese burger
soft drink* £8.99 | alcoholic drink* £10.75

NEW Chicken deals
INCLUDES A DRINK*
Featuring chicken and Tenderstem® broccoli
soft drink* £10.99 | alcoholic drink* £12.75

wetherspoon hotels
Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.
Not available† on Booking.com or any website apart from our own.
Book direct.
Our rooms† are only available at jdwetherspoon.com, on the app or by phone.
†UK hotels only.
Scan to find out more.

THE LITE BITE

If your meal comes with chips (602 kcal)**, you can swap for:**

Side salad (111 kcal)**; Spicy rice** (203 kcal)**; Maris Piper mash** (280 kcal)
Mediterranean side salad (214 kcal)**; Jacket potato** (282 kcal)

Swapping items may result in changes to allergens contained in the dish.

Small plates | 3 for £14.99

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

Margherita 475 kcal. Mozzarella, fresh basil 7.11
Spicy chicken 687 kcal
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket 7.70
Pepperoni 565 kcal. Mozzarella, pepperoni 7.70
Ham and mushroom 517 kcal. Mozzarella, ham, mushroom, rocket 7.70
BBQ chicken 562 kcal. Mozzarella, chicken breast, BBQ sauce, red onion, rocket 7.70
Mediterranean vegetable 513 kcal 7.70
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil
Vegan Mediterranean vegetable 349 kcal 7.70
Mushroom, roasted pepper, courgette, onion, fresh basil
Spicy meat feast 616 kcal 8.30
Mozzarella, ham, pepperoni, chicken breast, sliced chilli, rocket

11" garlic pizza bread 778 kcal 6.07
Nachos 1011 kcal 6.81
Cheese, guacamole, pico de gallo, sour cream, sliced chilli
Add: Chilli bean non-carne (149 kcal) **2.22**
Pulled BBQ beef brisket (160 kcal) **3.24**; **Spicy pulled chicken thigh** (249 kcal) **3.24**
Bowl of chips 964 kcal (**Add: Salt & chilli seasoning** (7 kcal) 55p) 4.19
Bowl of chips with curry sauce 1073 kcal 5.18
Cheesy chips 1256 kcal 5.84
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream 6.14
Shawarma-chicken-topped chips 1300 kcal 6.14
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces
Halloumi-style fries 458 kcal. Sweet chilli sauce 6.70
Chicken bites 411 kcal 6.81
Ten battered chicken breast pieces, sticky soy sauce
Southern-fried chicken strips 547 kcal 6.93
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze
Chicken wings 1026 kcal. Ten spicy chicken wings, Naga chilli sauce 7.71
Quorn™ nuggets 369 kcal. Eight coated pieces, sweet chilli sauce 6.53

Wings, bites and strips | Mix and match

Five chicken wings 445 kcal. Spicy chicken wings 3.15 each
Five chicken bites 153 kcal. Battered chicken breast pieces 2 for 5.79
Three southern-fried chicken strips 276 kcal
Chicken breast strips 3 for 7.95
Five Quorn™ nuggets 192 kcal. Five coated pieces

Add: Sweet chilli sauce (62 kcal)
Naga chilli sauce (136 kcal)**; BBQ sauce** (83 kcal)
Jack Daniel's® Tennessee Honey glaze (87 kcal)
Chipotle mayo (150 kcal)**; Blue cheese sauce** (270 kcal)
Garlic & herb dip (301 kcal)**; Sticky soy sauce** (105 kcal)
99p each

Deli Deals® INCLUDES A DRINK*

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

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

Paninis

Cheddar cheese and tomato 604 kcal
Wiltshire cured ham and Cheddar cheese 589 kcal
BBQ chicken, maple-cured bacon and Cheddar cheese 602 kcal
Tuna mayo and Cheddar cheese 581 kcal

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

Brunch wrap 754 kcal
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese
Vegetarian brunch wrap 634 kcal
Two fried eggs, two vegan sausages, Cheddar cheese
Korean fried chicken 582 kcal
Iceberg lettuce, cucumber, coriander, Korean-style sauce
Shawarma chicken 739 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket
Southern-fried chicken 636 kcal. Salad leaves, smoky chipotle mayo
Fried halloumi-style cheese 740 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber
soft drink* 7.73 each | alcoholic drink* 9.49 each

Quorn™ nuggets 535 kcal
Salad leaves, tomato, cucumber, sweet chilli sauce
Cold chicken breast 512 kcal
Salad leaves, sweet chilli sauce
soft drink* 6.49 each | alcoholic drink* 8.25 each

Add: Side salad (111 kcal)**; Spicy rice** (203 kcal)**; Chips** (602 kcal) **1.59** each

Burgers INCLUDES A DRINK*

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

NEW Burger deals

American 1131 kcal
6oz beef patty, red onion, gherkin, ketchup, American-style mustard, chips
soft drink* 8.49 | alcoholic drink* 10.25

American cheese 1211 kcal
6oz beef patty, American-style cheese, red onion, gherkin, ketchup, American-style mustard, chips
soft drink* 8.99 | alcoholic drink* 10.75

Crunchy chicken 1042 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise, chips
soft drink* 7.49 | alcoholic drink* 9.25

Korean fried chicken 978 kcal
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce, chips
soft drink* 7.49 | alcoholic drink* 9.25

Served with chips, iceberg lettuce, tomato, red onion.

The classic burger 1143 kcal. 6oz beef patty
Grilled chicken breast burger 993 kcal
Fried buttermilk chicken 1062 kcal
Breaded whole chicken breast fillet
The plant burger 1213 kcal
Plant-based patty, garlic & herb sauce
soft drink* 10.25 each | alcoholic drink* 12.01 each

Halloumi-style cheese and sweet chilli 1265 kcal
Fried halloumi-style cheese, sweet chilli sauce

Gourmet burgers INCLUDES A DRINK*

Served with six beer-battered onion rings, chips, iceberg lettuce, tomato, red onion.

The Big Smoke
Pulled BBQ beef brisket, American-style cheese, maple-cured bacon
Choose: Beef (6oz beef patty) 1679 kcal
Fried buttermilk chicken 1815 kcal
soft drink* 12.75 | alcoholic drink* 14.51

Cheese meltdown
American-style cheese, smothered with Emmental & Cheddar cheese sauce
Choose: Beef (6oz beef patty) 1589 kcal; **Fried buttermilk chicken** 1725 kcal

Buffalo 1679 kcal
Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing
BBQ stack 1360 kcal
Plant-based patty, BBQ sauce, stacked with onion rings
soft drink* 12.45 each | alcoholic drink* 14.21 each

The ultimate burger 1698 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) 1566 kcal; **Fried buttermilk chicken** 1701 kcal

The Empire State 1883 kcal
Two 6oz beef patties, American-style cheese, maple-cured bacon, gherkin, ketchup, American-style mustard
soft drink* 13.91 | alcoholic drink* 15.67

Additional toppings

Sliced pickled gherkins 11 kcal 55p
BBQ sauce 83 kcal 99p
Maple-cured bacon with Cheddar cheese 173 kcal 2.39
Maple-cured bacon with American-style cheese 171 kcal 2.39
Cheddar cheese 82 kcal
American-style cheese 80 kcal
Maple-cured bacon 91 kcal
Crunchy chicken strip 92 kcal each 1.77

Additional burger patties

6oz beef patty 337 kcal 2.49
Fried buttermilk chicken 473 kcal
Fried halloumi-style cheese 298 kcal
Plant-based patty 226 kcal each 2.22

Chicken INCLUDES A DRINK*

Spice bag
Chicken strips, chicken breast bites, tossed in a salt & chilli Chinese-style spice mix, red onion, sliced chilli, coriander
Choose: Coconut-flavour rice 722 kcal; **Chips** 1065 kcal

Quorn™ 'no chicken' spice bag
Eight coated pieces, tossed in a salt & chilli Chinese-style mix, red onion, sliced chilli, coriander
Choose: Coconut-flavour rice 601 kcal; **Chips** 944 kcal

Add: Chip shop-style curry sauce 109 kcal 99p

Sticky Korean fried chicken bowl
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, sliced chilli, coriander
Choose: Coconut-flavour rice 883 kcal; **Chips** 1226 kcal

Sticky Korean grilled chicken bowl
Sliced chicken breast, tossed in a Korean-style sauce, sliced chilli, coriander
Choose: Coconut-flavour rice 641 kcal; **Chips** 984 kcal

Sticky Korean fried Quorn™ 'no chicken' bowl
Eight coated pieces, tossed in a Korean-style sauce, sliced chilli, coriander
Choose: Coconut-flavour rice 761 kcal; **Chips** 1104 kcal

soft drink* 10.29 each | alcoholic drink* 12.05 each

Boneless basket
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce
Choose: Side salad 716 kcal; **Spicy rice** 848 kcal; **Chips** 1247 kcal

Chicken bites basket
Ten battered chicken breast pieces, coleslaw, sticky soy sauce
Choose: Side salad 543 kcal; **Spicy rice** 747 kcal; **Chips** 1124 kcal

Southern-fried chicken strips basket
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze
Choose: Side salad 751 kcal; **Spicy rice** 883 kcal; **Chips** 1282 kcal

Quorn™ 'no chicken' nuggets basket
Eight coated pieces, coleslaw, sweet chilli sauce
Choose: Side salad 573 kcal; **Spicy rice** 705 kcal; **Chips** 1104 kcal

soft drink* 11.23 each | alcoholic drink* 12.99 each

Curries INCLUDES A DRINK*

Classic curries

With basmati pilau rice, plain naan, poppadums, sliced chilli, coriander.

Sweet potato, chickpea & spinach curry 912 kcal
Chicken tikka masala 1032 kcal
Chicken jalfrezi 919 kcal
Beef Madras 1084 kcal
soft drink* 12.40 each | alcoholic drink* 14.16 each

Change your plain naan to a garlic naan (add 92 kcal) 65p

Simple curries

With basmati pilau rice or chips, sliced chilli, coriander.

Simple sweet potato, chickpea & spinach curry
Choose: Basmati pilau rice 552 kcal; **Chips** 959 kcal

Simple chicken tikka masala
Choose: Basmati pilau rice 672 kcal; **Chips** 1079 kcal

Simple chicken jalfrezi
Choose: Basmati pilau rice 560 kcal; **Chips** 967 kcal

Simple beef Madras
Choose: Basmati pilau rice 725 kcal; **Chips** 1132 kcal

soft drink* 10.17 each | alcoholic drink* 11.93 each

Add: One vegetable samosa and two onion bhajis (295 kcal) 2.05
Two plain poppadums (86 kcal) 65p

Katsu curries

With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chilli, coriander.

Katsu grilled chicken curry 558 kcal
Sliced chicken breast
Katsu Quorn™ nugget curry 678 kcal
Eight coated pieces
Katsu chicken curry 844 kcal
Sliced whole breaded chicken breast fillet
soft drink* 11.29 each | alcoholic drink* 13.05 each

Pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Freshly battered fish and chips Cod, peas 1251 kcal, mushy peas 1286 kcal or baked beans 1247 kcal	13.99	15.75
Whitby breaded scampi Chips, peas 1135 kcal, mushy peas 1170 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi	9.73	11.49

Add: Two slices of bread (375 kcal) **1.59**
Chip shop-style curry sauce (109 kcal) **99p**

NEW Chicken deals

NEW Chicken and Tenderstem® broccoli 596 kcal
Chicken breast, Maris Piper mash, Tenderstem® broccoli, peas, gravy
NEW Chicken pomodoro 470 kcal
Chicken breast, Italian tomato sauce, roasted pepper, courgette, red onion, spicy rice, Tenderstem® broccoli, fresh basil
BBQ chicken melt 1133 kcal
Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom, chips
soft drink* 10.99 each | alcoholic drink* 12.75 each

All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips **Add: Black pudding** (67 kcal) **95p**	11.99	13.75
Vegetarian all-day brunch 992 kcal Two fried eggs, three vegan sausages, baked beans, chips	11.99	13.75
Steak & ale pudding Peas, gravy **Choose: Maris Piper mash** 969 kcal; **Chips** 1291 kcal	10.88	12.64
Bangers and mash 888 kcal Three Lincolnshire sausages, Maris Piper mash, peas, gravy	10.88	12.64
Vegetarian bangers and mash 598 kcal Three vegan sausages, Maris Piper mash, peas, gravy	10.88	12.64
Wiltshire cured ham, eggs and chips 874 kcal Two slices of Wiltshire cured ham, two fried eggs	10.29	12.05
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.99	11.75
Vegan sausages, chips and beans 880 kcal Three vegan sausages	9.99	11.75
Chilli bean non-carne 644 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	10.88	12.64

Afternoon deal

Mon - Fri, 2pm - 5pm
Choose from the above pub classic meals.
soft drink* 9.82 | alcoholic drink* 11.58

Small pub classics INCLUDES A DRINK*

Served with a small portion of chips (329 kcal, included in Calories below).

	soft drink*	alcoholic drink*
Small freshly battered fish and chips Cod, peas 687 kcal, mushy peas 722 kcal or baked beans 683 kcal	11.35	13.11
Small Whitby breaded scampi Chips, peas 628 kcal, mushy peas 664 kcal or baked beans 625 kcal. Four Whitby breaded scampi	8.73	10.49

Add: Two slices of bread (375 kcal) **1.59**
Chip shop-style curry sauce (109 kcal) **99p**

Small Wiltshire cured ham, egg and chips 464 kcal One slice of Wiltshire cured ham, fried egg	9.18	10.94
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips **Add: Black pudding** (67 kcal) **95p**	9.18	10.94
Small vegetarian all-day brunch 590 kcal Two vegan sausages, fried egg, baked beans, chips	9.18	10.94

Afternoon deal

Mon - Fri, 2pm - 5pm
Choose from the above small pub classic meals.
soft drink* 8.65 | alcoholic drink* 10.41

Jacket potatoes INCLUDES A DRINK*

With side salad and one filling.

Tuna mayo 634 kcal**; Coleslaw** 602 kcal
Cheese 628 kcal**; Baked beans** 462 kcal
Chilli bean non-carne 485 kcal
Mediterranean vegetables 475 kcal
soft drink* 6.49 each | alcoholic drink* 8.25 each

Extra fillings 99p each

Gourmet jackets With side salad.

The smoky spud 699 kcal
Pulled BBQ beef brisket, cheese, smoky chipotle mayo, sliced chilli
The Mexican spud 736 kcal
Chilli bean non-carne, cheese, guacamole, crushed tortilla chips, sliced chilli, coriander
The loaded spud 894 kcal
Garlic butter, cheese, maple-cured bacon, sour cream
soft drink* 7.99 each | alcoholic drink* 9.75 each

11" pizzas INCLUDES A DRINK*

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

	soft drink*	alcoholic drink*
Margherita 949 kcal. Mozzarella, fresh basil	11.23	12.99
Spicy chicken 1373 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni 1130 kcal Mozzarella, pepperoni		
Ham and mushroom 1034 kcal Mozzarella, ham, mushroom, rocket		
BBQ chicken 1111 kcal Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Mediterranean vegetable 1026 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil		
Vegan Mediterranean vegetable 697 kcal Mushroom, roasted pepper, courgette, onion, fresh basil		
Spicy meat feast 1219 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chilli, rocket	13.58	15.34

soft drink* 12.40 each | alcoholic drink* 14.16 each

Additional toppings

Red onion 10 kcal**; Garlic & herb dip** 301 kcal
Sliced chilli 3 kcal**; Mushroom** 4 kcal each 99p

Chicken breast 94 kcal**; Mozzarella** 164 kcal**; Ham** 80 kcal each 1.40

Pepperoni 91 kcal**; Mediterranean vegetables** 36 kcal
Maple-cured bacon 91 kcal each 1.77

Noodles, salads and pastas INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Ramen noodle bowl 477 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chilli, coriander, in a light broth	9.79	11.55
Chicken & maple-cured bacon salad **Choose: Chicken breast** 477 kcal **Southern-fried chicken breast strips** 566 kcal	9.49	11.25
Mediterranean salad 431 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, pumpkin seeds, basil, dressing	9.49	11.25
Fried halloumi-style cheese & Mediterranean vegetable salad 589 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	9.49	11.25

Additional toppings:

Maple-cured bacon (91 kcal)	1.77	**Poached egg** (63 kcal)	1.18
Tuna mayo (298 kcal)	1.31	**Mediterranean vegetables** (90 kcal)	1.77
Chicken breast (187 kcal)	2.22	**Chilli bean non-carne** (149 kcal)	2.22
Fried buttermilk chicken (473 kcal)			2.22
Spicy pulled chicken thigh (249 kcal)			3.24

Pasta alfredo 492 kcal Giant fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket **Add: Chicken breast** (187 kcal) **2.22**; **Maple-cured bacon** (91 kcal) **1.77**	9.79	11.55
British beef & pancetta lasagne **Choose: Side salad** 815 kcal; **Chips** 1347 kcal	11.96	13.72

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