#### Sides and extras Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 39p) 2.49 Small bowl of chips @ 602 kcal Five chicken wings **FFF** 407 kcal 2.99 2.99 NEW Five chicken breast bites 161 kcal Eight Whitby breaded scampi 464 kcal 5.19 Grilled halloumi-style cheese V 447 kcal 2.07 Peas 133 kcal Mushy peas V 248 kcal 99p 2.39 Side salad @ 91 kcal Mediterranean side salad @ 198 kcal 3.32 Roasted vegetables @ 135 kcal 1.63 Coleslaw V 399 kcal 1.50 93p Sliced chillies FFFF @ 3 kcal Chicken gravy 50 kcal Onion rings 🕖 **Six** 269 kcal **2.43** Twelve 538 kcal 3.65

| Garlic pizza bread <b>V</b><br>With cheese <b>V</b>   | <b>8</b> " 386 kcal<br><b>8</b> " 473 kcal |                 | <b>11</b> " 772 kcal<br><b>11</b> " 922 kcal |      |
|---|--|-----------------|--|------|
| Desserts  |  |                 |  |      |
| NEW Salted caramel sticky toffee pudding V  Vanilla ice cream 877 kcal or custard 741 kcal  |  |                 |  | 5.14 |
| NEW Millionaire's shortbread © 655 409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce |  |                 | 2.32   |      |
| Vanilla ice cream ♥ ®<br>Two scoops, toffee sauce, Belg   |  | auce            |  | 1.97 |
| Cookie crunch (V) (555) 364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce                            |  |                 | ocolate sauce                                | 1.97 |
| Mini warm chocolate brownie V 555 435 kcal<br>Belgian chocolate sauce, vanilla ice cream  |  |                 | 3.13   |      |
| Mini warm cookie dough sandwich ♥ ‱ 431 kcal<br>Salted caramel filling, toffee sauce, vanilla ice cream                             |  |                 | 3.13   |      |
| Mini American-style p<br>Two pancakes, maple-flavour s  |  | _               | cal  | 3.69 |
| Fresh fruit 🗸 🚳 😘 470 kcal<br>Apple, banana, blueberries, strawberries, vanilla ice cream   |  |                 | 4.71   |      |
| Warm chocolate fudge  | e cake V 90                                | 9 kcal. Vanilla | a ice cream                                  | 5.48 |
| Warm chocolate brow<br>Belgian chocolate sauce, vanill  |  | al              |  | 5.48 |
| <b>Warm cookie dough s</b><br>Salted caramel filling, toffee sa   | _  |                 |  | 5.48 |
| British Bramley apple<br>Vanilla ice cream 673 kcal or cu   |  |                 |  | 5.77 |
| American-style panca  | akes V 🥯 68                                | 39 kcal         |  | 5.14 |

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.

Four pancakes, maple-flavour syrup, vanilla ice cream

- 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 59 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.§

# BREAKFAST

# 8am - 12 noon

80p Hash brown @ 82 kcal

1.15 Vegan sausage @ 82 kcal

1.23 Baked beans @ 126 kcal

**98p Poached egg ○** 63 kcal

Flat white **9** 92 kcal

Latte V 113 kcal

Mocha 147 kcal

Espresso @ 6 kcal

Tea

Black coffee @ 6 kcal

White coffee V 24 kcal

Hot chocolate V 169 kcal

with semi-skimmed milk **V** 14 kcal

Dairy alternative: oat sachet @ 4 kcal

Decaffeinated tea and coffee available

Cappuccino V 102 kcal

·Tea, coffee and hot chocolate ·

4.03

5.29

5.29

5.29

5.14

3.69

3.40

2.99

2.99

2.49

1.99

2.99

3.49

1.15

98p

98p

98p

173

1.67

57p

1.62

2.07

| Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast   | 6.59                        | NEW Fiesta brunch  ♥  © 659 kcal Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa   |
|---|-----------------------------|---|
| Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of to Small breakfast 335 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown | <b>4.99</b> ast <b>2.99</b> | Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket Mushroom Benedict © 638 kcal                                       |
| Add: Black pudding (178 kcal) <b>80p</b>  |                             | Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket  |
| Freedom breakfast 586 kcal<br>Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato   | 2.99                        | Miner's Benedict 939 kcal<br>Two poached eggs, on an English muffin, with black pudding,  |
| Large vegetarian breakfast ♥ 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast  | 6.59                        | Hollandaise sauce, rocket  American-style pancakes  NEW Four pancakes, banana, strawberries, blueberries,   |
| Vegetarian breakfast ♥ 786 kcal<br>Two fried eggs, two vegan sausages, baked beans, two hash browns,<br>mushroom, tomato, slice of toast  | 4.99                        | maple-flavour syrup. <b>①</b> 🚳 708 kcal<br>Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal<br>Four pancakes, maple-flavour syrup. <b>②</b> 🚳 554 kcal                |
| Small vegetarian breakfast 👽 🕸 📆 291 kcal<br>Fried egg, vegan sausage, baked beans, hash brown, tomato  | 2.99                        | Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. (************************************   |
| Vegan breakfast @ 642 kcal<br>Two vegan sausages, baked beans, two hash browns, mushroom,<br>tomato, slice of toast, vegan spread   | 2.99                        | Scrambled egg on toast © 570 kcal Three eggs, buttered white bloomer toast  |
| American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup  | 7.00                        | Beans on toast 👽 🥸 566 kcal. Buttered white bloomer toast  NEW Vegan option available with vegan spread 🕢 🕸 📆 460 kcal  Small beans on toast 👽 🕸 📆 252 kcal                           |
| Small American breakfast 629 kcal<br>Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage,<br>two pancakes, maple-flavour syrup   | 5.14                        | Buttered white bloomer toast  Two slices of toast with jam or marmalade   524 kcal  White bloomer bread   |
| Porridge V S State (plain)  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        | 1.99                        | Fresh fruit @ © 555 200 kcal Apple, banana, blueberries, strawberries  NEW Fresh fruit and yoghurt © 50 5334 kcal 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 V 524 kcal. White bloomer bread

### **Breakfast butties and wraps**

| <b>Bacon butty</b> 574 kcal. Three rashers of bacon, buttered white bloomer bread      | 2.69 |
|--|------|
| <b>Sausage butty</b> 714 kcal. Two Lincolnshire sausages, buttered white bloomer bread | 2.69 |
| Vegetarian sausage butty ♥ 541 kcal  | 2.69 |
| Two vegan sausages, buttered white bloomer bread                                       |      |
| Vegan option available with vegan spread @ 598 (\$565) 435 kcal                        |      |
| Breakfast wrap 724 kcal  | 4.51 |
| Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese                     |      |
| Vegetarian breakfast wrap V 735 kcal   | 4.51 |
| 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 V 500 249 kcal 3.31 Fried egg, American-style cheese, in an English muffin Egg & bacon muffin (500) 314 kcal 3.77 Fried egg, bacon, American-style cheese, in an English muffin Egg & sausage muffin (500) 417 kcal

3.77 Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin Egg & vegetarian sausage muffin V 500 330 kcal 3.77 Fried egg, vegan sausage, American-style cheese, in an English muffin

Breakfast muffin (500) 482 kcal 3.99 Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin Smashed avocado muffin @ 59 (888) 271 kcal 3.99 Guacamole, pico de gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.62; Poached egg (63 kcal) 98p

lamaica ginger beer (330ml can); R White's raspberry lemonade (330ml can); Remedy kombucha raspberry lemonade (250ml can

Grilled halloumi-style cheese (V) (447 kcal) 2.07

Add: Hash brown @ (82 kcal) 51p

for the facts drinkaware.co.uk

**Biscuits** 

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 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). \*Choose from: Diet Pepsi, Pepsi, Pepsi, Pepsi, Max or Pepsi Max or Pepsi Max cherry (398ml glass); apple, cranberry or orange juice (398ml glass); apple & mango, apple & raspberry or orange & passion fruit J2O; Brecon Carreg natural mineral water (still/sparkling 500ml bottle), blackcurrant, lime or orange standard cordial (398ml glass); bloo 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 Rosá, Mango Loco or Pipeline Punch (500ml can); Old

**Breakfast extras** 

Add any of the following:

Lincolnshire sausage 168 kcal

Black pudding 178 kcal

Slice of toast 225 kcal

Two mushrooms @ 100 kcal

Two scrambled eggs V 136 kcal

Two rashers of back bacon 131 kcal Two grilled tomato halves @ 16 kcal

Four rashers of maple-cured bacon 91 kcal

Grilled halloumi-style cheese V 447 kcal

TEA. COFFEE AND

**HOT CHOCOLATE** 

- ALL DAY EVERY DAY -

LAVATIA (2) (20) (3)

Walkers shortbread V 151 kcal 71p

Stem ginger biscuit V 123 kcal 71p

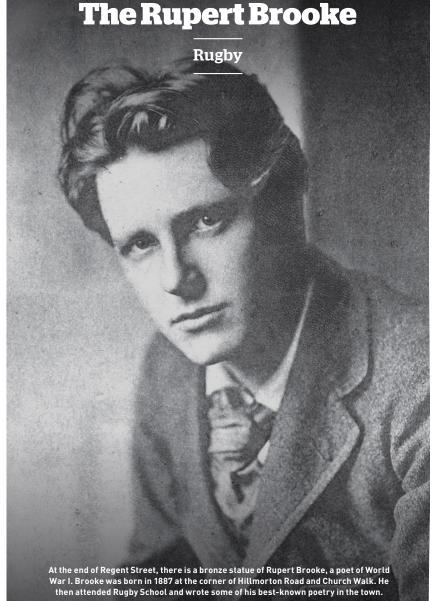
Belgian chocolate biscuit V 129 kcal 71p

Fried egg V 56 kcal

Salted caramel brownie bar V 316 kcal 1.64 idwetherspoon.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 pic reserves the right to withdraw/change offers (w

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





Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.



# **Food hygiene**

food hygiene rating of 5 in our pub.



#### Sustainable fish The cod and haddock we serve

come from fisheries which have been independently certified to the MSC's standard for well-managed and sustainable



Allergen and nutritional information can

website and Wetherspoon app.

Adults need around 2000 kcal a day.§

be found on the customer information screen,

#### 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



Free refills

breakfast £4.99

**Traditional** 

Tea. coffee and hot chocolate

#### **Deli Deals** INCLUDES A DRINK •

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

£4.41

£5.94

alcoholic drink\*

# **Burger meals**

INCLUDES A DRINK •

Featuring 3oz American burger soft drink\* alcoholic drink\*

£5.74 £7.27

### **Afternoon deals** INCLUDES A DRINK

Mon - Fri, 2pm - 5pm Featuring small freshly battered fish and chips

£6.39

£7.92

# Steak Club

INCLUDES A DRINK' **Tuesday 11.30am - 11pm** 

Featuring classic 8oz sirloin

£9.97

£11.50

# **Curry Club**

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

Featuring the katsu curry range soft drink\* alcoholic drink\*

£8.21

#### INCLUDES A DRINK • Choose from over 150 drinks





Coffee
The freshly ground 100% Arabica Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms







#### **Sustainable Restaurant Association**



and restaurants, evaluating standards in 'sourcing, society and the environment'. wetherspoon hotels

Over 50 hotels and 1,329 rooms acros **Book direct.** 









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



#### We have been awarded the maximum



# 100% of the eggs we use are

The spoken menu app for the visually impaired

free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



| "pizzas. Sourdough base - proved, stretched,   |   |
|--|---|
| opped and freshly baked to order.  |   |
| <b>1argherita ♥ (%%)</b> 467 kcal. Mozzarella, basil   | 6.06  |
| Pepperoni 灰 575 kcal. Mozzarella, pepperoni  | 6.66  |
| <b>lam and mushroom</b> 505 kcal. Mozzarella, ham, mushroom, rock  | et <b>6.66</b>  |
| BBQ chicken 555 kcal   | 6.66  |
| lozzarella, BBQ sauce, chicken breast, red onion, rocket   |   |
| Roasted vegetable V 514 kcal   | 6.66  |
| Mozzarella, mushroom, roasted pepper, courgette, onion, basil  | 6.66  |
| <b>/egan roasted vegetable ⊘ ⊗ ‱</b> 355 kcal<br>fushroom, roasted pepper, courgette, onion, basil   | 0.00  |
| Spicy meat feast /// 615 kcal  | 7.24  |
| Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket  | 7.24  |
|  |   |
| Char-grilled halloumi-style cheese V 514 kcal  | 5.11  |
| locket, roasted pepper, courgette, onion, salsa  |   |
| 1" garlic pizza bread V 772 kcal   | 5.72  |
| Nachos PPP V 695 kcal. Cheese, guacamole, salsa, sour cream, sliced  |   |
| Bowl of chips @ 964 kcal   | 3.99  |
| Bowl of chips with curry sauce @ 1082 kcal   | 5.29  |
| Cheesy chips V 1256 kcal   | 5.49  |
| Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream  Fornato & basil soup V 🚳 📆 374 kcal. White bloomer bread  | 5.79<br>4.38  |
| NEW Vegan option available with vegan spread © 50 500 285 kcal   | 4.30  |
| Vith any of the small plates below, choose one dip:  | <del>.</del>  |
| 1 11 1 1 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2   | = 44  |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces<br>Southern-fried chicken strips / 333 459 kcal. Five chicken bre   |   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces<br>Southern-fried chicken strips (233 459 kcal. Five chicken bre<br>Chicken wings (25 813 kcal. Ten spicy chicken wings   | 6.24<br>ast strips 6.24<br>6.90   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces<br>Southern-fried chicken strips (233 459 kcal. Five chicken bre<br>Chicken wings (24) 813 kcal. Ten spicy chicken wings  | 6.24<br>ast strips 6.24   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips (233) 459 kcal. Five chicken bre Chicken wings (24) 813 kcal. Ten spicy chicken wings Quorn™ nuggets (233) 331 kcal. Eight coated pieces  | 6.24<br>ast strips 6.24<br>6.90   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips / 335 459 kcal. Five chicken bre Chicken wings / / 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② 331 kcal. Eight coated pieces  Deli Deals INCLUDES A DRINK • ↓ ■  | 6.24<br>ast strips 6.24<br>6.90   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips 235 459 kcal. Five chicken bre Chicken wings 277 813 kcal. Ten spicy chicken wings Quorn™ nuggets 26 331 kcal. Eight coated pieces  Deli Deals INCLUDES A DRINK 441 All wraps and paninis are freshly made to order.  | 6.24<br>ast strips 6.24<br>6.90   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips 733 459 kcal. Five chicken bre Chicken wings 777 813 kcal. Ten spicy chicken wings Quorn™ nuggets 60 331 kcal. Eight coated pieces  Deli Deals° INCLUDES A DRINK 11 11 11 11 11 11 11 11 11 11 11 11 11   | 6.24<br>ast strips 6.24<br>6.90   |
| All wraps and paninis are freshly made to order.  12\( \frac{10}{2}\) 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  | 6.24<br>ast strips 6.24<br>6.90   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips 333 459 kcal. Five chicken bre Chicken wings 813 kcal. Ten spicy chicken wings Quorn™ nuggets 333 331 kcal. Eight coated pieces  Deli Deals Includes A Drink All wraps and paninis are freshly made to order.  EW 10" wraps A smaller wrap and filling. Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese   | 6.24<br>ast strips 6.24<br>6.90<br>5.34   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 233 459 kcal. Five chicken bre  Chicken wings 24 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 253 331 kcal. Eight coated pieces  Deli Deals Includes A Drink 44  All wraps and paninis are freshly made to order.  LEW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap \$ 545 kcal  | 6.24 ast strips 6.24 6.90 5.34  just-a-wrap, without a drink                        |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 333 459 kcal. Five chicken bre  Chicken wings 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces  Deli Deals Includes a Drink All wraps and paninis are freshly made to order.  EW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  | 6.24 ast strips 6.24 6.90 5.34  just-a-wrap, without a drink 3.23                   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 333 459 kcal. Five chicken bre  Chicken wings 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces  Deli Deals Includes a Drink 1  All wraps and paninis are freshly made to order.  INCLUDES A Smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Small shawarma chicken 777 502 kcal  | 6.24 ast strips 6.24 6.90 5.34  just-a-wrap, without a drink                        |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 333 459 kcal. Five chicken bre  Chicken wings 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces  Deli Deals Includes a Drink 1  All wraps and paninis are freshly made to order.  EW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Small shawarma chicken 665 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces.   | 6.24 ast strips 6.24 6.90 5.34  just-a-wrap, without a drink 3.23                   |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 7333 459 kcal. Five chicken bre  Chicken wings 776 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 6 333 331 kcal. Eight coated pieces  Deli Deals Includes a Drink 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1  | 6.24 ast strips 6.24 6.90 5.34  just-a-wrap, without a drink 3.23 each              |
| Chicken bites 33 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 459 kcal. Five chicken bre  Chicken wings 6813 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces  Deli Deals Includes a Drink 141  All wraps and paninis are freshly made to order.  EW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Small shawarma chicken 665 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,  Comato, onion, rocket, fresh mint  Small Quorn™ nuggets 365 310 kcal   | 6.24 ast strips 6.24 6.90 5.34  just-a-wrap, without a drink 3.23 each soft drink*  |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 333 459 kcal. Five chicken bre  Chicken wings 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces  Deli Deals Includes a Drink 1  All wraps and paninis are freshly made to order.  INCLUDES A Smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Small shawarma chicken 777 502 kcal  | just-a-wrap, without a drink* 3.23 each soft drink* 4.41 each alcoholic drink* 5.94 |
| Chicken bites 333 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 333 459 kcal. Five chicken bre  Chicken wings 318 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces  Deli Deals Includes a Drink All wraps and paninis are freshly made to order.  EW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Small shawarma chicken 550 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, omato, onion, rocket, fresh mint  Small Quorn™ nuggets 356 310 kcal  Galad leaves, tomato, cucumber, salsa  Small southern-fried chicken 557 399 kcal  | just-a-wrap, without a drink* a.23 each soft drink* 4.41 each alcoholic drink*      |
| Chicken bites 33 322 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 459 kcal. Five chicken bre  Chicken wings 49 813 kcal. Ten spicy chicken wings  Quorn nuggets 331 kcal. Eight coated pieces  Deli Deals Includes A Drink All wraps and paninis are freshly made to order.  EW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Small shawarma chicken 49 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, omato, onion, rocket, fresh mint  Small Quorn nuggets 550 310 kcal  Galad leaves, tomato, cucumber, salsa  Small southern-fried chicken 19 500 399 kcal  Galad leaves, smoky chipotle mayo  Small cold chicken breast 550 277 kcal  Galad leaves, sweet chilli sauce   | just-a-wrap, without a drink* 3.23 each soft drink* 4.41 each alcoholic drink* 5.94 |
| Chicken bites 33 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips 459 kcal. Five chicken bre Chicken wings 49 813 kcal. Ten spicy chicken wings Quorn nuggets 331 kcal. Eight coated pieces  INCLUDES A DRINK All wraps and paninis are freshly made to order.  INCLUDES A DRINK All wraps and paninis are freshly made to order.  INCLUDES A DRINK All wraps and paninis are freshly made to order.  INCLUDES A DRINK All wraps and filling.  Somall brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Somall vegetarian brunch wrap 545 kcal  Fried egg, two vegan sausages, Cheddar cheese  Somall shawarma chicken 665 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, omato, onion, rocket, fresh mint  Somall Quorn nuggets 350 310 kcal  Galad leaves, tomato, cucumber, salsa  Somall southern-fried chicken 665 399 kcal  Galad leaves, smoky chipotle mayo  Somall cold chicken breast 655 3277 kcal | just-a-wrap, without a drink* 3.23 each soft drink* 4.41 each alcoholic drink* 5.94 |

| Chicken bites 332 kcal. Ten battered chicken breast pieces  Southern-fried chicken strips 733 459 kcal. Five chicken bre  Chicken wings 777 813 kcal. Ten spicy chicken wings  Quorn™ nuggets 331 kcal. Eight coated pieces | 6.2<br>east strips 6.2<br>6.9<br>5.3            |
|---|---|
| Deli Deals <sup>®</sup> Includes a drink:   |   |
| All wraps and paninis are freshly made to order.  |   |
| 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese   |   |
| Small vegetarian brunch wrap ♥ 545 kcal<br>Fried egg, two vegan sausages, Cheddar cheese  | just-a-wrap,<br>without a drink<br>3.23<br>each |
| Small shawarma chicken  | soft drink* 4.41 each                           |
| Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 555 399 kcal Salad leaves, smoky chipotle mayo  Small cold chicken breast // 50 556 277 kcal  | alcoholic drink*<br><b>5.94</b><br>each         |
| Salad leaves, sweet chilli sauce  Small fried halloumi-style cheese   | <b>1.13</b> each                                |
| 12" wraps   |   |

| 12" | w  | raj |  |
|-----|----|-----|--|
|     | 70 | ~:  |  |

NEW Shawarma chicken 777 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

**Quorn**<sup>™</sup> **nuggets** Ø 🚳 508 kcal. Tomato, cucumber, salsa

Southern-fried chicken **FFF** 609 kcal Salad leaves, smoky chipotle mayo

Cold chicken breast FF 3 479 kcal Salad leaves, sweet chilli sauce Fried halloumi-style cheese // V 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber alcoholic drink\*

soft drink\*

6.00

each

7.53

each

**Paninis** 

Tuna mayo and Cheddar cheese 590 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); Tomato & basil soup @ (150 kcal)

Spicy rice (208 kcal); Chips (602 kcal) 1.54 each Adults need around 2000 kcal a day.§

|          | JATE | INCLUDES A DRINK •    |
|----------|------|-----------------------|
| IN 14311 |      | INCHODED IN DIVINIA A |

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\* alcoholic drink\* Classic beef burger 677 kcal 5.74 7.27 Iceberg lettuce, tomato, red onion each each Skinny beef burger (500) 375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips American cheese burger 730 kcal soft drink\* 6.34 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 7.87 American-style mustard Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below). Double American burger 1138 kcal soft drink\* alcoholic drink\* Red onion, gherkin, ketchup, American-style mustard 8.03 9.56 Double classic beef burger 1119 kcal each each Iceberg lettuce, tomato, red onio soft drink\* 8.60 Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 10.13

American-style mustard Chicken burgers Served with a small portion of chips (329 kcal, included in the Calories below).

Crunchy chicken strip burger 776 kcal soft drink\* 5.74 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink\* 7.27 Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet alcoholic drink\* Char-grilled chicken breast burger 970 kcal 8.03 9.56 Skinny chicken burger 53 5394 kcal each each

Meat-free burgers Served with chips (602 kcal, included in Calories below).

Char-grilled chicken breast, with a side salad, instead of chips

Beyond Burger<sup>™</sup> 1043 kcal soft drink\* alcoholic drink\* BEYOND MEAT plant-based patty, 8 03 9.56 iceberg lettuce, garlic & herb sauce each each Breaded vegetable burger V 1039 kcal

Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese Fried halloumi-style cheese burger // W 1118 kcal. Sweet chilli sauce

Just-a-burger Served on its own, without chips or a drink. 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

# CUITTIES INCLUDES A DRINK .

Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower

& spinach curry // @ 58927 kcal Chicken tikka masala 1190 kcal Chicken jalfrezi FFF 53 935 kcal

Beef Madras / 1043 kcal

soft drink\* alcoholic drink\* 10.14 11.67 each each

soft drink\* alcoholic drink\*

9.45

each

7.92

each 3.51

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

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry 🔰 🧿 Choose: Basmati pilau rice 🚳 568 kcal; Chips 970 kcal

Simple chicken tikka masala Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi

Choose: Basmati pilau rice 52 575 kcal; Chips 977 kcal Simple beef Madras 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 58 542 kcal Sliced char-grilled chicken breast Katsu Quorn™ nugget curry @ 686 kcal

Eight coated pieces Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet soft drink\* alcoholic drink\* 9.03 10.56 each each

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

**Gourmet burgers** 

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

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

soft drink\*

10.23

each

alcoholic drink

11.76

each

soft drink\*

11.13

each

alcoholic drink\*

12.66

each

soft drink\*

8.98

each

alcoholic drink\*

10.51

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 soft drink\* 11.68 Three 3oz beef patties, American-style cheese, alcoholic drink\* 13.21 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 173 kcal 2.24 2.24 Maple-cured bacon with American-style cheese 160 kcal 1.62 Cheddar cheese V 82 kcal American-style cheese V 69 kcal 1.62 1.62 Maple-cured bacon 91 kcal Crunchy chicken strip / 92 kcal 1.60

3oz beef patty 168 kcal Char-grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal each **2.07** 

Breaded vegetable patty V 257 kcal Fried halloumi-style cheese V 298 kcal BEYOND MEAT patty @ 184 kcal

# Chicken includes a drink

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

Peri-peri char-grilled half chicken Lemon and herb / Char-grilled in a lemon & herb glaze 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 FFF 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; Mashed potato 1107 kcal; Chips 1423 kcal

Char-grilled half chicken, mash and gravy 818 kcal Lemon & herb chicken, peas, chicken gravy

Boneless basket #

Chicken bites basket

Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal

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

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice 58 763 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<sup>™</sup> 'no chicken' nuggets basket **// V** Eight coated pieces, coleslaw, sweet chilli sauce

Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal Add: Chicken gravy (50 kcal) 99p

11" DIZZAS INCLUDES A DRINK •

Sourdough base - proved, stretched, topped and freshly baked to order. soft drink\* alcoholic drink Margherita V 934 kcal. Mozzarella, basil 8.98 10.51 Pepperoni // 1151 kcal. Mozzarella, pepperoni Ham and mushroom 1011 kcal soft drink\* Mozzarella, ham, mushroom, rocket 10.14 BBQ chicken 1097 kcal each Mozzarella, BBQ sauce, chicken breast, red onion, rocket alcoholic drink\* Roasted vegetable V 1028 kcal 11.67 Mozzarella, mushroom, roasted pepper, courgette, onion, basil each Vegan roasted vegetable @ 50 709 kcal Mushroom, roasted pepper, courgette, onion, basil Spicy meat feast // 1214 kcal 11.32 12.85 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 4 kcal each 93p

# Small pub classics includes a drink of

each **1.25** 

each 1.63

6.91

8.44

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

Chicken breast 94 kcal: Maple-cured bacon 91 kcal

Pepperoni / 109 kcal; Roasted vegetables @ 90 kcal

soft drink\* alcoholic drink\* Fish and chips Small freshly battered cod and chips 8.14 9.67 Peas 681 kcal or mushy peas 739 kcal Small Whitby breaded scampi 8.14 9.67 Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (a) (118 kcal) 1.56 Small Wiltshire cured ham. 6.91 8.44 egg and chips 655 455 kcal One slice of Wiltshire cured ham, fried egg Small all-day brunch 681 kcal 6.91 8.44 Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 80p

Two vegan sausages, fried egg, baked beans, chips Afternoon deal soft drink\* alcoholic drink Mon - Fri, 2pm - 5pm 6.39 7.92

# Pub classics includes a drink ...

Small vegetarian all-day brunch © 611 kcal

soft drink\* alcoholic drink\* Fish and chips Freshly battered cod and chips 🥟 10.38 11.91 Peas 1240 kcal or mushy peas 1298 kcal Whitby breaded scampi 10.38 11.91 Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56 All-day brunch 1245 kcal 9.72 11.25 Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips Add: Black pudding (178 kcal) 80p Vegetarian all-day brunch V 1023 kcal 9.72 11.25 Two fried eggs, three vegan sausages, baked beans, chips Steak & kidney pudding Peas, onion & red wine gravy 10.15 8.62 Choose: Mashed potato 963 kcal; Chips 1279 kcal 8.62 10.15 Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy 10.15 Vegetarian bangers and mash V 635 kcal 8.62 Three vegan sausages, peas, onion & red wine gravy 9.56 Wiltshire cured ham, eggs and chips 856 kcal 8.03 Two slices of Wiltshire cured ham, two fried eggs 9.26 Sausages, chips and beans 1170 kcal 7.73 Three Lincolnshire sausages Vegan sausages, chips and beans @ 910 kcal 7.73 9.26 Three vegan sausages NEW Chilli bean non-carne / @ 635 kcal 8.62 10.15 Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips

Afternoon deal alcoholic drink soft drink\* Mon - Fri, 2pm - 5pm 7.57 9.10

# 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.

Classic 8oz sirloin steak soft drink\* alcoholic drink Choose: Side salad 526 kcal 11.55 13.08 Mediterranean salad 657 kcal: Jacket potato 774 kcal each each Mashed potato 745 kcal: Chips 1061 kcal Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce soft drink\* alcoholic drink Choose: Side salad 785 kcal 13.89 15.42

each

alcoholic drink

Mediterranean salad 915 kcal; Jacket potato 1032 kcal each Mashed potato 1003 kcal: Chips 1320 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 mus soft drink\*

**BBQ** chicken melt 10.38 11.91 Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad 539 609 kcal; Mediterranean salad 739 kcal Jacket potato 38 856 kcal; Mashed potato 827 kcal; Chips 1143 kcal 5oz gammon and egg 9.03 10.56 Choose: Side salad 🚳 ; 402 kcal; Mediterranean salad 532 kcal Jacket potato 🚳 649 kcal; Mashed potato 620 kcal; Chips 936 kcal 10oz gammon and eggs 13.72 12.19 Choose: Side salad 611 kcal; Mediterranean salad 741 kcal Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal Mixed arill 12.19 13.72 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 13.95 15.48 Gammon, pork loin, rump, lamb, two Lincolnshire sausages

### Noodles, salads and pastas INCLUDES A DRINK

Choose: Side salad 1477 kcal; Mediterranean salad 1607 kcal

Jacket potato 1724 kcal; Mashed potato 1696 kcal; Chips 2012 kcal

fried egg, six onion rings

soft drink\* alcoholic drink\* NEW Ramen noodle bowl // @ 53 555 466 kcal 7.29 8.82 Noodles, bean sprouts, shiitake mushroom, spring onio carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, Add: Char-grilled chicken breast (93 kcal) 1.25; Poached egg (63 kcal) 98p Chicken & maple-cured bacon salad 8.99 10.52 Choose: Char-grilled chicken breast (1988) 283 kcal Southern-fried chicken breast strips 6500 465 kcal Mediterranean salad @ 334 kcal 7.99 9.52 Pearl barley, quinoa, butternut squash, wheat berries, red pepper

cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese V (447 kcal) 2.07 Tuna mayo (298 kcal) 1.16; Roasted vegetables (90 kcal) 1.63 Char-grilled chicken breast (187 kcal) 2.07 7.99 Grilled halloumi-style cheese 9.52 & roasted vegetable salad V 600 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl W 668 kcal 7.99 9.52 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Char-grilled chicken breast (187 kcal) 2.07

Pasta alfredo V 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato, basil, rocket

Add: Char-grilled chicken breast (187 kcal) 2.07; Maple-cured bacon (91 kcal) 1.62 British beef & pancetta lasagne 9.77 11.30

Choose: Side salad 761 kcal; Chips 1295 kcal

# Jacket potatoes includes a drink

With side salad and one filling. Extra fillings 1.32 each. Tuna mayo 592 kcal; Coleslaw V 559 kcal Cheese V 512 kcal

Baked beans @ 5% 555 482 kcal Chilli bean non-carne / @ 58 588 442 kcal Roasted vegetables @ 59 (500) 383 kcal

Chilli bean non-carne / (a) (149 kcal) 2.07

alcoholic drink\* soft drink\* 7.15 8.68 each

9.20

10.73