Desserts NEW Giant profiterole V (500) 433 kcal Choux pastry filled with vanilla cream. Belgian chocolate sauce, strawberry NEW Salted caramel sticky toffee pudding @ 877 kcal 6.41 Vanilla ice cream NEW Millionaire's shortbread W 600 kcal 2.98 Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce Vanilla ice cream (V) \$334 kcal 2.63 Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch W 364 kcal 2.63 Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie W 435 kcal 3.71 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich (V) (1888) 431 kcal 3.71 Salted caramel filling, toffee sauce, vanilla ice cream Fresh fruit V 532 (1997) 470 kcal 5.44 Apple, banana, blueberries, strawberries, vanilla ice cream 6.14 Warm chocolate fudge cake V 909 kcal 6.14 Warm chocolate brownie 736 kcal Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich W 727 kcal 6.14 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble @ 673 kcal 6.41 Vanilla ice cream

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

ALLERGEN AND NUTRITIONAL INFORMATION

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

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

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

DIETARY SYMBOLS

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

Vegetarian Vegan 5% 5% fat or less 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.§

wetherspoon hotels

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BREAKFAST

8am - 12 noon

4.74

6.74

6.74

6.74

2.14

3.99

3.99

3.12

1 99

3.99

3.49

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of Small breakfast 635 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	7.59 5.99 toast 3.99	Piesta brunch → 659 kcal Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa 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) 80p		Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato Large vegetarian breakfast V 1129 kcal	3.99 7.59	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket
Two fried eggs, three vegan sausages, baked beans, three hash browns,		NEW Hash brown basket @ 555 410 kcal
mushroom, tomato, two slices of toast Vegetarian breakfast ♥ 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns,	5.99	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast
mushroom, tomato, slice of toast Small vegetarian breakfast V ® 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	3.99	Beans on toast \$\infty\$ \$\infty\$ 566 kcal. Buttered white bloomer toast NEW Vegan option available with vegan spread \$\infty\$ \$\infty\$ 600 kcal Small beans on toast \$\infty\$ \$\in
Vegan breakfast ⊚ 642 kcal	3.99	Small beans on toast ♥ ፡፡ 252 kcal Buttered white bloomer toast
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Two slices of toast with jam or marmalade ♥ 524 kcal White bloomer bread
Porridge ♥ ॐ ∰ 252 kcal (plain) Add: Banana ∅ (110 kcal) 60p: Strawberries ∅ (27 kcal) 60p Blueberries ∅ (17 kcal) 60p: Honey ♥ (91 kcal) 30p Sliced apple ∅ (46 kcal) 60p		Fresh fruit © \$\cong \operatorname{\text{500}} 200 kcal Apple, banana, blueberries, strawberries NEW Fresh fruit and yoghurt V \$\operatorname{\text{500}} 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Breakfast extras

80p	Two rashers of back bacon 131 kcal	1.67	Baked beans @ 126 kcal	98p
1.15	Four rashers of maple-cured bacon 91 kcal	1.62	Two mushrooms @ 100 kcal	98p
1.15	Two scrambled eggs ① 136 kcal	1.73	Two grilled tomato halves 🕢 16 kcal	57p
1.23	Fried egg V 56 kcal	98p	Grilled halloumi-style cheese V 447 kcal	2.07
51p	Poached egg ♥ 63 kcal	98p		
	1.15 1.15 1.23	1.15 Four rashers of maple-cured bacon 91 kcal 1.15 Two scrambled eggs ♥ 136 kcal 1.23 Fried egg ♥ 56 kcal	1.15 Four rashers of maple-cured bacon 91 kcal 1.62 1.15 Two scrambled eggs ♥ 136 kcal 1.73 1.23 Fried egg ♥ 56 kcal 98p	1.15 Four rashers of maple-cured bacon 91 kcal 1.62 Two mushrooms ② 100 kcal 1.15 Two scrambled eggs № 136 kcal 1.73 Two grilled tomato halves ② 16 kcal 98p Grilled halloumi-style cheese № 447 kcal

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.69
Sausage butty 714 kcal	3.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty V 541 kcal	3.69
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread @ 5% (\$66) 435 kcal	

Breakfast muffin deal

Add: Hash brown (82 kcal) 51p

Includes tea, coffee or hot chocolate. Free refills°		
Egg & cheese muffin ♥ 349 kcal Fried egg. American-style cheese, in an English muffin	4.70	
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.89	
Egg & sausage muffin 6333 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	4.89	
Egg & vegetarian sausage muffin ♥ 555 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	4.89	
Breakfast muffin 6557 482 kcal	4.99	

5.82 Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown Cheddar cheese Vegetarian breakfast wrap V 735 kcal 5.82 Fried egg, two vegan sausages, two hash browns,

Tea, coffee and hot chocolate-



HOT CHOCOLATE - ALL DAY EVERY DAY -



Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 kcal Hot chocolate V 169 kcal

Flat white **9** 92 kcal

Latte V 113 kcal

Cappuccino V 102 kcal

with semi-skimmed milk V 14 kcal Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available

Biscuits

Walkers shortbread V 151 kcal 71p Stem ginger biscuit 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com "Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. Statement of daily Calorie needs from the Department of Health & Social Care. Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in a

for the facts drinkaware.co.uk 🗟 jdwetherspoon.com ≥

ITXSIM >

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

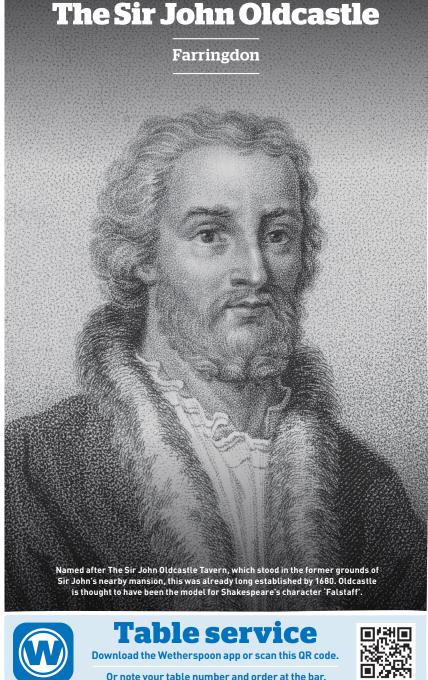




Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

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



Food hygiene

We have been awarded the maximum 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



100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks matured for 28 days. Traceable from farm to fork.

Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



Traditional

breakfast

£5.99

Deli Deals INCLUDES A DRINK •

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

£6.16

Breakfast

8am - 12 noon

Tea. coffee and

hot chocolate

Free refills

alcoholic drink*

Burger meals

INCLUDES A DRINK •

Featuring 3oz American burger alcoholic drink* soft drink*

£7.53 £9.15

Afternoon deals INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips soft drink*

80.8₃

£9.70

Steak Club INCLUDES A DRINK' •

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

£11.37 £12.99

£11.37

Curry Club

INCLUDES A DRINK • Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink* alcoholic drink*

£9.75

INCLUDES A DRINK • Choose from over 150 drinks

Coffee The freshly ground 100% Arabica



Lavazza coffee^{tt} we serve is from Rainforest Alliance-certified farms

Award-winning children's menu







Association Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards





Adults need around 2000 kcal a day.§

Allergen and nutritional information can

website and Wetherspoon app.

be found on the customer information screen,

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

Over 50 hotels and 1,329 rooms acros **Book direct.** on the app or by phone

Small plates Any 3 for £14.99	
Char-grilled halloumi-style cheese V 514 kcal Rocket, roasted pepper, courgette, onion, salsa	6.43
Nachos /// 👽 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.55
Bowl of chips @ 964 kcal	4.49
Bowl of chips with curry sauce @ 1082 kcal	5.79
Cheesy chips ♥ 1256 kcal	5.99
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.29
With any of the small plates below, choose one dip: Sweet chilli	
Halloumi-style fries 👽 📆 396 kcal	6.43
Chicken bites 332 kcal Ten battered chicken breast pieces	6.70
Southern-fried chicken strips / €555 459 kcal Five chicken breast strips	6.65
Chicken wings ### 813 kcal Ten spicy chicken wings	7.38
Quorn™ nuggets ⊘ 331 kcal Eight coated pieces	6.28

Deli Deals Includes a Drink

All wraps and paninis are freshly made to order.

Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap V 545 kcal

NEW 10" wraps A smaller wrap and filling.

Fried egg, two vegan sausages, Cheddar cheese each Small shawarma chicken FFF 502 kcal soft drink* Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, 6.16 tomato, onion, rocket, fresh mint each alcoholic drink*

Small Quorn™ nuggets @ 500 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken ### 399 kcal Salad leaves, smoky chipotle mayo

Small fried halloumi-style cheese // V 5555 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumbo Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1.13 each

Shawarma chicken 719 kcal

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

Quorn[™] **nuggets @ 5**08 kcal. Tomato, cucumber, salsa

soft drink* Southern-fried chicken **FFF** 609 kcal 7.75 Salad leaves, smoky chipotle mayo each Fried halloumi-style cheese 70 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumbe alcoholic drink* 9.37 each

NEW Roasted vegetable and vegan cheeze @ 480 kcal

Cheddar cheese and tomato V 527 kcal

Wiltshire cured ham and Cheddar cheese 508 kcal

BBQ chicken, bacon and Cheddar cheese 586 kcal

Add: Side salad @ (91 kcal) Spicy rice (208 kcal) **Chips** (602 kcal)

each 1.54

iust-a-wran

without a drink

4.98

7.78

each

Burgers includes a drink

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

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below). American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard soft drink* alcoholic drink* Classic beef burger 677 kcal 7.53 9.15 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* 8.08 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 9.70 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 11.26 9.64 Double classic beef burger 1119 kcal each each Iceberg lettuce, tomato, red onio soft drink* 10.18 Double American cheese burger 1207 kcal

American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 11.80 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* 7.53 alcoholic drink* 9.15 Two southern-fried chicken strips, iceberg lettuce, mayonnaise Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1255 kcal soft drink* alcoholic drink* Breaded whole chicken breast fillet 11.26 Char-grilled chicken breast burger 970 kcal each Skinny chicken burger 52 530 394 kcal Char-grilled chicken breast, with a side salad, instead of chips

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

Beyond Burger[™] **②** 1043 kcal soft drink* alcoholic drink* BEYOND MEAT plant-based patty, 11.26 9.64 iceberg lettuce, garlic & herb sauce each each Fried halloumi-style cheese burger

🖊 🗸 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 / \$\text{\$\text{\$\text{Will}\$}} 447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise

CUTTIES INCLUDES A DRINK

Classic curries

With basmati pilau rice, plain naan and poppadums.

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

Chicken tikka masala // 1190 kcal

Chicken jalfrezi /// 539 935 kcal

Beef Madras // 1043 kcal

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

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 **Gourmet burgers**

Served with chips, six onion rings (871 kcal, included in Calories below).

soft drink*

11.69

each

13.31

each

Ultimate burger 1656 kcal

Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Beef (two 3oz beef patties) 1567 kcal Char-grilled chicken breast 1417 kcal Fried buttermilk chicken 1703 kcal alcoholic drink* BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce

Beef (two 3oz beef patties) 1644 kcal Char-grilled chicken breast 1494 kcal

Fried buttermilk chicken 1780 kcal Fiesta burger @ 1380 kcal BEYOND MEAT plant-based patty, salsa, guacamole,

roasted pepper, courgette, onion

soft drink* Triple American cheese & bacon burger 1770 kcal 13.04 Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, alcoholic drink* American-style mustard 14.66

Additional toppings and burger patties 2.24 Maple-cured bacon with Cheddar cheese 173 kcal Maple-cured bacon with American-style cheese 160 kcal 2.24 1.62 Cheddar cheese **W** 82 kcal 1.62 American-style cheese V 69 kcal NEW Vegan cheeze @ 57 kcal 1.62 1.62 Maple-cured bacon 91 kcal 1.60 Crunchy chicken strip # 92 kcal

3oz beef patty 168 kcal

each **6.19**

alcoholic drink*

13.15

alcoholic drink*

12.13

each

soft drink*

11.53

each

soft drink*

10.51

each

Char-grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal each **2.07**

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 🕖 soft drink* Char-grilled in a lemon & herb glaze 12.45 Coleslaw, garlic & herb dip each Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal alcoholic drink* Spicy rice 1059 kcal; Chips 1453 kcal 14.07 Hot and spicy FFF each Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal Spicy rice 1029 kcal; Chips 1423 kcal

Chicken baskets

Roneless hasket #

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

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice 🚳 763 kcal; Chips 1157 kcal

Southern-fried chicken strips basket 🍠 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal

Quorn[™] 'no chicken' nuggets basket **// V** Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal Small pub classics includes a drink .

Fish and chips Small freshly battered cod and chips @ 9.69 11.31 Peas 681 kcal or mushy peas 739 kcal Small Whitby breaded scampi 9.69 11.31 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 (118 kcal) 1.56 Small Wiltshire cured ham, 8.56 10.18 egg and chips (555 kcal One slice of Wiltshire cured ham, fried egg 10.15 Small all-day brunch 681 kcal 8.53 Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 80p Small vegetarian all-day brunch V 611 kcal 8.53 10.15 Two vegan sausages, fried egg, baked beans, chips

Afternoon deal

Two fried eggs, bacon, two Lincolnshire sausages,

baked beans, chips

Mon - Fri, 2pm - 5pm

soft drink*	alcoholic drink*
8.08	9.70

soft drink* alcoholic drink*

Pub classics includes a drink ...

Fish and chips	SOTT OFINK"	alconolic drink	
Freshly battered cod and chips Peas 1240 kcal or mushy peas 1298 kcal	11.74	13.36	
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	11.74	13.36	
Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56			
All-day brunch 1245 kcal	11.12	12.74	

Add: Black pudding (178 kcal) 80p 12.74 Vegetarian all-day brunch V 1023 kcal 11.12 Two fried eggs, three vegan sausages, baked beans, chips Steak & kidney pudding 1279 kcal 10.13 11.75 Peas, onion & red wine gravy, chips 9.59 11.21 Wiltshire cured ham. eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs 10.91

Sausages, chips and beans 1170 kcal 9.29 Three Lincolnshire sausages 10.91 **Vegan sausages, chips and beans 10** 910 kcal 9.29 Three vegan sausages NEW Chilli bean non-carne / @ 58 635 kcal 10.13 11.75 Red peppers, red kidney and black turtle beans,

Afternoon deal

smoky chipotle sauce, rice, tortilla chips

soft drink* alcoholic drink Mon - Fri, 2pm - 5pm 10.78 9.16 Choose from the above pub classic meals.

Jacket potatoes includes a drink

soft drink* alcoholic drink*

8.83

each

10.45

each

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

Coleslaw V 559 kcal Cheese V 512 kcal Baked beans @ 5% (\$500) 482 kcal

soft drink*

10.46

each

alcoholic drink

12.08

Chilli bean non-carne / @ 500 442 kcal Roasted vegetables @ 53 533 kcal

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 12.82 14.44 Mediterranean salad 657 kcal: Jacket potato 774 kcal each each Chins 1061 kcal Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce soft drink* alcoholic drink

14.99

16.61

each

Mediterranean salad 915 kcal; Jacket potato 1032 kcal each Chips 1320 kcal Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal)

Choose: Side salad 785 kcal

Jack Daniel's® Tennessee Honey glaze ♥ (87 kcal) 1.92 each Below meals are served with peas, tomato and mus

Choose: Side salad 1477 kcal; Mediterranean salad 1607 kcal

Jacket potato 1724 kcal; Chips 2012 kcal

soft drink* alcoholic drink 13.36 **BBQ** chicken melt 11.74 Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad 539 609 kcal; Mediterranean salad 739 kcal Jacket potato 🚳 856 kcal; Chips 1143 kcal Mixed arill 13.42 15.04 Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad 984 kcal: Mediterranean salad 1114 kcal Jacket potato 1231 kcal; Chips 1519 kcal Large mixed grill 15.04 16.66 Gammon, pork loin, rump, lamb, two Lincolnshire sausages fried egg, six onion rings

Noodles, salads and pastas INCLUDES A DRINK •

soft drink* alcoholic drink* 9.29 10.91 Ramen noodle bowl **//** @ 53 555 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Char-grilled chicken breast (93 kcal) 1.25 Poached egg V (63 kcal) 98p Chicken & maple-cured bacon salad 9.99 11.61 Choose: Char-grilled chicken breast (2002) 283 kcal Southern-fried chicken breast strips (\$500) 465 kcal Mediterranean salad @ 334 kcal 8.99 10.61 Pearl barley, quinoa, butternut squash, wheat berries, red pepper cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese (447 kcal) 2.07 Roasted vegetables @ (90 kcal) 1.63 Char-grilled chicken breast (187 kcal) 2.07 10.68 12.30 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

Sides and extras

Onion rings @

British beef & pancetta lasagne

Choose: Side salad 761 kcal; Chips 1295 kcal

4.49 Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 39p) 2.99 Small bowl of chips @ 602 kcal 2.99 Five chicken wings **FIV** 407 kcal 2.99 NEW Five chicken breast bites 161 kcal 5.19 Eight Whitby breaded scampi 464 kcal Grilled halloumi-style cheese ♥ 447 kcal 2.07 99p Peas 133 kcal 99p Mushy peas V 248 kcal

11.20

12.82

Side salad @ 91 kcal 2.39 3.32 Mediterranean side salad @ 198 kcal Roasted vegetables @ 135 kcal 1.63 1.50 Colesiaw 399 kgal 93p Sliced chillies FFFF @ 3 kcal

Six 269 kcal 2.43

Adults need around 2000 kcal a day.§