ALLERGEN AND NUTRITIONAL INFORMATION

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

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

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

DIETARY SYMBOLS

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

Vegetarian Vegan

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

Adults need around 2000 kcal a day.§

wetherspoon hotels

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

Book direct.

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



Scan to find out more.

BREAKFAST Served 8am - 12 noon

Large breakfast 1320 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	7.59
Traditional breakfast 774 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	5.99
Small breakfast 335 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	3.99
Freedom breakfast 581 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	3.99
Large vegetarian breakfast ② 1075 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.59
Vegetarian breakfast ♥ 729 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.99
Small vegetarian breakfast ♥ ॐ ॐ 281 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	3.99
Vegan breakfast ⊚ ⊚ 616 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	3.99

Tea and toast

Includes tea, coffee or hot chocolate. Free refills' with drink without drink Two slices of toast with iam or marmalade 2.49 1.99 V \$555 458 kcal. White bloomer bread

Breakfast butties and wraps

Bacon butty 574 kcal Three back bacon rashers, buttered white bloomer bread	3.69
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	3.69
Vegetarian sausage butty v 520 kcal Two vegan sausages, buttered white bloomer bread Vegan option available with vegan spread Ø ® 555 414 kcal	3.69
Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.82
Vegetarian breakfast wrap ♥ 715 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.82

Breakiast muiiin deal	
Includes tea, coffee, hot chocolate (free refills*) or a soft drink. Egg & cheese muffin 👽 📸 280 kcal Fried egg, American-style cheese, in an English muffin	3.59
Egg & bacon muffin 346 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.79
Egg & sausage muffin 366 449 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.79
Egg & vegetarian sausage muffin 🗘 🐯 352 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.79
Breakfast muffin 514 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	3.99
Add: Hash brown 🧿 (82 kcal) 51p	

Two poached eggs, on an English muffin, with Wiltshire cured ham Hollandaise sauce, rocket 6.74 Mushroom Benedict @ 667 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket Scrambled egg on toast V 570 kcal 3.99 Three eggs, buttered white bloomer toast Beans on toast V 566 kcal 3.99 Buttered white bloomer toast Vegan option available with vegan spread @ 5% 5559 460 kcal Small beans on toast V 53 552 kcal 3.12 Buttered white bloomer to as 3.49 Fresh fruit @ 530 (1806 kcal Apple, banana, blueberries, strawberries Fresh fruit and yoghurt V 58 500 320 kcal 3.99 Apple, banana, blueberries, strawberries, Greek-style honey yoghurt Porridge V 58 555 253 kcal (plain) 2.49 Add: Banana @ (110 kcal) 60p Strawberries (a) (14 kcal) 60p Blueberries @ (17 kcal) 60p Honey (152 kcal) 30p

6.74

Breakfast extras

Sliced apple @ (46 kcal) 60p

Eggs Benedict 756 kgal

Add any of the following:		
Two back bacon rashers 131 kcal	1.67 Hash brown 3 82 kcal	51
Lincolnshire sausage 168 kcal	1.15 Two mushrooms @ 94 kcal	98
Vegan sausage 72 kcal	1.15 Two tomato halves @ 16 kcal	57
Fried egg V 56 kcal	98p Hollandaise sauce 299 kcal	1.9
Poached egg V 63 kcal	98p Slice of toast ♥ 192 kcal	1.2
Two scrambled eggs V 136 kcal		1.7
Baked beans @ 126 kcal		98

Tea, coffee and hot chocolate



Cappuccino V 102 kcal Latte V 113 kcal Mocha V 147 kcal

Espresso @ 6 kcal

Black coffee @ 6 kcal

White coffee 24 kcal

Flat white V 92 kcal





Hot chocolate V 169 kcal

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

Walkers shortbread V 151 kcal Stem ginger biscuit V 123 kcal Belgian chocolate biscuit V 129 kcal

71p each

for the facts drinkaware.co.uk

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 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. ment 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).



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

Penderel's Oak Holborn

This pub occupies the ground floor and cellar of Penderel House, named after Richard Penderel. At the end of the Civil War, in 1652, he helped King Charles II to escape from Cromwell's troops by hiding the royal fugitive in an oak tree on his country estate.



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



rating

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



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



The cod and haddock we

serve come from fisheries which have been certified as well-managed and sustainable fisheries.

330 M



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.



Irish beef Traceable from farm to fork.



The freshly ground 100% Arabica Lavazza coffee^{tt} we serve is from Rainforest Alliance-certified farms

Traditional breakfast

£5.99

£1.71

Breakfast

8am - 12 noon

Tea. coffee and

hot chocolate

Free refills

Wings,

bites and strips

Mix and match

£2.99 each

2 for £5.49 3 for £7.49

Small plates

Mix and match

3 for £14.99

Deli Deals[®]

INCLUDES A DRINK'

Featuring southern-fried chicken wrap

just-a-wrap, without a drink

£6.57

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

Gourmet burger meals

Featuring NEW The Big Smoke burger

INCLUDES A DRINK'

Choose from over 150 drinks

INCLUDES A DRINK •

alcoholic drink*

£9.37

19.70

alcoholic drink*

£13.31

soft drink*

80.8^{mori}

£11.69



Award-winning children's menu Independently run

'secret diner' survey. wetherspoon hotels





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

8" pizzas. Sourdough base - proved, stretched,	
topped and freshly baked to order. Margherita V 555 475 kcal	6.79
Mozzarella, fresh basil	
NEW Spicy chicken /// 706 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket	7.33
Pepperoni // 556 kcal	7.33
Mozzarella, pepperoni	
Ham and mushroom 512 kcal	7.33
Mozzarella, ham, mushroom, rocket BBQ chicken 562 kgal	7.33
Mozzarella, chicken breast, BBQ sauce, red onion, rocket	7.55
Spicy meat feast FFF 606 kcal	7.88
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	
11" garlic pizza bread ♥ 778 kcal	5.82
Nachos /// 👽 768 kcal	6.55
Cheese, guacamole, salsa, sour cream, sliced chillies	
Bowl of chips @ 964 kcal	4.49 5.79
Bowl of chips with curry sauce @ 1082 kcal Cheesy chips @ 1256 kcal	5.79
Loaded chips 1303 kcal	6.29
Cheese, maple-cured bacon, sour cream	0.27
NEW Shawarma-chicken-topped chips /// 1387 kcal	6.29
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces Halloumi-style fries // 🗸 🚟 458 kcal	6.43
Sweet chilli sauce	0.43
Chicken bites 6555 403 kcal	6.70
Ten battered chicken breast pieces, BBQ sauce	
Southern-fried chicken strips / 547 kcal Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze	6.65
Chicken wings /// 1113 kcal	7.38
Ten spicy chicken wings, Naga chilli sauce	7.00
Quorn [™] nuggets // @ 5555 345 kcal	6.28
Eight coated pieces, sweet chilli sauce	

wings, bites and strips Mix and match 2.99 Five chicken wings **FIF** 445 kcal each Spicy chicken wings **2** for Five chicken bites (500) 161 kcal 5.49 Battered chicken breast pieces Three southern-fried chicken strips 276 kcal **3** for Chicken breast strips 7.49 Five Quorn[™] nuggets ② 177 kcal. Five coated pieces Add: Sweet chilli sauce **FF** (a) (62 kcal) 99p each Naga chilli sauce /// (136 kcal); BBQ sauce (83 kcal) Jack Daniel's[®] Tennessee Honey glaze **♥** (87 kcal) Chipotle mayo /// V (150 kcal); Blue cheese sauce V (270 kcal) Garlic & herb dip @ (301 kcal)

Deli Deals Includes a Drink

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

12" wraps (just-a-wrap, without a drink 6.57 each)

NEW Brunch wrap 741 kcal

Fried egg, bacon, Lincolnshire sausage, Cheddar cheese

NEW Vegetarian brunch wrap V 622 kcal

Two fried eggs, two vegan sausages, Cheddar cheese

Shawarma chicken 777 712 kcal

Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,

tomato, onion, coriander, rocket

Quorn[™] nuggets / Ø 5555 490 kcal soft drink* Salad leaves, tomato, cucumber, salsa 7.75 Southern-fried chicken **FFF** 623 kcal each Salad leaves, smoky chipotle mayo alcoholic drink*

9.37

Fried halloumi-style cheese // @ 727 kcal Salad leaves, sweet chilli sauce, tomato, cucumber

Cheddar cheese and tomato V 604 kcal

Wiltshire cured ham and Cheddar cheese 580 kcal

BBQ chicken, bacon and Cheddar cheese @ 576 kcal

Choose any 8" pizza from the small plates section.

Burgers includes a drink

6oz beef patty, American-style cheese

Plant-based patty, garlic & herb sauce

Beef burgers made with 100% British beef, freshly cooked to order.

Traceable from farm to fork.

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

soft drink* 9.49 American 529 kcal alcoholic drink* 11.11 6oz beef patty American cheese 597 kcal soft drink* 10.08

alcoholic drink* 11.70

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

The classic burger 540 kcal soft drink* 6oz beef patty 9.49 each Fried buttermilk chicken 460 kcal alcoholic drink* Breaded whole chicken breast fillet 11.11 The plant burger @ 537 kcal

Halloumi-style cheese and sweet chilli FFF V 638 kcal Fried halloumi-style cheese, sweet chilli sauce

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

Crunchy chicken # 440 kcal soft drink* Two southern-fried chicken strips, iceberg lettuce, mayonnaise 7.53 each NEW Korean fried chicken # 376 kcal alcoholic drink* Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce 9.15 each

Gourmet burgers includes a DRINK

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

NEW Cheese meltdown

American-style cheese, smothered with Emmental & Cheddar cheese sauce Choose: Beef (6oz beef patty) 732 kcal

soft drink* Fried buttermilk chicken 839 kcal 11.69 NEW The Big Smoke each Pulled BBQ beef brisket, American-style cheese, alcoholic drink* maple-cured bacon 13.31 Choose: Beef (6oz beef patty) 1170 kcal

Fried buttermilk chicken 1310 kcal NEW Buffalo FFF 819 kcal

Additional toppings

Fried buttermilk chicken 473 kcal

Plant-based patty @ 152 kcal

Fried halloumi-style cheese V 298 kcal

Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing

NEW BBQ stack @ 439 kcal

Plant-based patty, stacked with six onion rings and covered with BBQ sauce

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

Choose: Beef (6oz beef patty) 719 kcal Fried buttermilk chicken 639 kcal

NEW The Empire State 1038 kcal

soft drink* 13.04 wo 6oz beef patties, American-style cheese, maple-cured acon, red onion, gherkin, ketchup, American-style mustard

ridditional toppings	
Sliced pickled gherkins @ 11 kcal	50p
BBQ sauce 71 kcal	99p
Maple-cured bacon with Cheddar cheese 173 kcal	2.24
Maple-cured bacon with American-style cheese 160 kcal	2.24
Cheddar cheese ♥ 82 kcal	
American-style cheese V 69 kcal	
Maple-cured bacon 91 kcal	
Crunchy chicken strip № 92 kcal	each 1.62
Additional burger patties	
6oz beef patty 337 kcal	2.34

Chicken includes a drink

Sticky Korean fried chicken bowl

Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies soft drink* Choose: Coconut-flavour rice 58 866 kcal 9.79 Chips 1234 kcal

each Sticky Korean fried Quorn™ alcoholic drink* 'no chicken' bowl 🏿 🧑 11.41 Eight coated pieces, tossed in a Korean-style sauce, each coriander, sliced chillies

Boneless basket 🌶

Chips 1080 kcal

Choose: Coconut-flavour rice 593 712 kcal

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

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, BBQ sauce Choose: Side salad 622 kcal Spicy rice **7** 758 kcal; Chips 1157 kcal

Southern-fried chicken strips basket alcoholic drink* Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Side salad 747 kcal

Spicy rice 883 kcal; Chips 1282 kcal

Quorn™ 'no chicken' nuggets basket 🏴 💟 Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 520 kcal Spicy rice 657 kcal; Chips 1056 kcal

Curries includes a Drink

Classic curries

With basmati pilau rice, plain naan and poppadums

Sweet potato, chickpea & spinach curry **FF** @ 59 916 kcal

soft drink* alcoholic drink* 11.53 13.15 each each

soft drink*

9.48

each

soft drink*

10.51

each

alcoholic drink*

11.10

each

alcoholic drink*

12.13

each

soft drink*

10.46

each

12.08

each

Beef Madras /// 1088 kcal

Chicken tikka masala 📂 1036 kcal

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

Simple curries

With basmati pilau rice or chips.

Simple sweet potato, chickpea & spinach curry // 🕖 Choose: Basmati pilau rice 557 kcal

Chins 959 kcal

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

Simple beef Madras Choose: Basmati pilau rice 729 kcal

Chips 1131 kcal

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

Eight coated pieces

each **2.07**

With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander Katsu grilled chicken curry # 52 542 kcal

Sliced chicken breast Katsu Quorn™ nugget curry **/ @** 638 kcal

Katsu chicken curry # 828 kcal Sliced whole breaded chicken breast fillet

Curry Club®

Thursday 11.30am - 11pm Featuring chicken korma see Curry Club' menu for full range.

alcoholic drink 10.29 11.91

	soft drink*	alcoholic drink
Freshly battered fish and chips Cod, peas 1251 kcal, mushy peas 1308 kcal or baked beans 1247 kcal	11.74	13.36
Whitby breaded scampi Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi	11.74	13.36
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips	11.12	12.74
Vegetarian all-day brunch ♥ 992 kcal Two fried eggs, three vegan sausages, baked beans, chips	11.12	12.74
BBQ chicken melt 1132 kcal Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom, chips	11.74	13.36
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	9.59	11.21
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.29	10.91
Vegan sausages, chips and beans @ 880 kcal Three vegan sausages	9.29	10.91
Chilli bean non-carne Ø 629 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	10.13	11.75

Afternoon deal

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

soft drink* 9.16	alcoholic drink* 10.78

Small pub classics INCLUDES A DRINK •

Small freshly battered fish and chips Cod, peas 687 kcal, mushy peas 744 kcal or baked beans 683 kcal	soft drink* 9.69	alcoholic drink 11.31
Small Whitby breaded scampi Chips, peas 629 kcal, mushy peas 686 kcal or baked beans 625 kcal. Four Whitby breaded scampi	9.69	11.31
Small Wiltshire cured ham, egg and chips 656 455 kcal One slice of Wiltshire cured ham, fried egg	8.56	10.18
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips	8.53	10.15
Small vegetarian all-day brunch ♥ 590 kcal Two vegan sausages, fried egg, baked beans, chips	8.53	10.15

Afternoon deal

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

soft drink*	alcoholic drink*
8.08	9.70

Jacket potatoes includes a drink

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

Tuna mayo 594 kcal soft drink* 8.83 Coleslaw V 561 kcal each Cheese V 587 kcal alcoholic drink* Baked beans @ 5% 555 484 kcal 10.45 each Chilli bean non-carne / @ 5% 50 444 kcal

11" pizzas includes a drink"	1	
Sourdough base - proved, stretched,	soft drink* 10.46	atoonotio ar iiit
Spicy chicken /// 1374 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni // 1111 kcal Mozzarella, pepperoni		soft drink* 11.53 each
Ham and mushroom 1025 kcal Mozzarella, ham, mushroom, rocket		alcoholic drink* 13.15 each
BBQ chicken 1111 kcal Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Spicy meat feast /// 1201 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocke	12.61 et	14.23
Additional toppings Red onion ⊚ 10 kcal; Sliced chillies ♥♥♥♥♥ ⊚ 3 kcal Mushroom ⊚ 4 kcal		each 93p
Garlic & herb dip ⊚ 301 kcal; Mozzarella ♥ 164 kcal; Ham 71 k Chicken breast 94 kcal; Maple-cured bacon 92 kcal		each 1.25
Pepperoni 🖊 82 kcal		each 1.63

Salads and pastas INCLUDES A DRINK

	soft drink*	alcoholic drink
Chicken & maple-cured bacon salad Choose: Chicken breast 384 kcal Southern-fried chicken breast strips / 566 kcal	9.99	11.61
Mediterranean salad @ 555 349 kcal Pearl barley, quinoa, butternut squash, wheat berries, red peppe pumpkin seeds, basil, dressing	8.99 r,	10.61
Additional toppings:	• • • • • • • • • •	• • • • • • • • • • • • •
Maple-cured bacon (91 kcal) 1.62 Poached egg ♥ (63	kcal)	98p
Tuna mayo (298 kcal) 1.16 Chilli bean non-carr	ie 🖊 🥏 (14	9 kcal) 2.07
Chicken breast (187 kcal)		2.07
Fried buttermilk chicken (473 kcal)		2.07
Spicy pulled chicken thigh 🌽 (249 kcal)		3.09
Pasta alfredo ♥ 519 kcal Giant fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 2.07 Maple-cured bacon (91 kcal) 1.62	10.68	12.30
British beef & pancetta lasagne Choose: Side salad 814 kcal; Chips 1346 kcal	11.20	12.82

Sides and extras

Bowl of chips @ 964 kcal

p-			
Small bowl of chips @ 602 kcal			2.99
Five chicken wings FFF 445 kcal			2.99
Five chicken breast bites 161 kg	al		2.99
Eight Whitby breaded scampi	464 kcal		5.19
Side salad @ 111 kcal			2.39
Mediterranean side salad ◎ 214 kcal			3.32
Sliced chillies FFFF @ 3 kcal	93p	Coleslaw V 399 kcal	1.50
Peas 133 kcal	99p	Mushy peas V 248 kcal	99p
Onion rings Six 269 kcal	2.43	Twelve 538 kcal	3.65
Garlic pizza bread V 8" 389 kcal	4.74	11 "778 kcal	5.82
With cheese V 8" 479 kcal	5.28	11 " 958 kcal	6.62

Adults need around 2000 kcal a day.§

4.49