#### Sides and extras 3.99 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 99p 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 99p Chicken gravy 50 kcal Onion rings 🕖 Six 269 kcal 2.43 **Twelve** 538 kcal **3.65** 8" 386 kcal 4.55 **11**" 772 kcal **5.72** Garlic pizza bread 🗸 8" 473 kcal 5.13 **11**" 922 kcal **6.59** With cheese V

#### **Desserts** NEW Salted caramel sticky toffee pudding V 5.14 Vanilla ice cream 877 kcal or custard 741 kcal 2.32 NEW Millionaire's shortbread (V) (1888) 409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce Vanilla ice cream V 555 334 kcal 1.97 Two scoops, toffee sauce, Belgian chocolate sauce 1.97 Cookie crunch V 5364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 500 435 kcal 3.13 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich (V) (1888) 431 kcal 3.13 Salted caramel filling, toffee sauce, vanilla ice cream Mini American-style pancakes (V 500) 412 kcal 3.69 Two pancakes, maple-flavour syrup, vanilla ice cream 4.71 Fresh fruit V 5% 500 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake V 909 kcal. Vanilla ice cream 5.48 Warm chocolate brownie V 736 kcal 5.48 Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 727 kcal 5.48 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble V 5.77 Vanilla ice cream 673 kcal or custard 🚳 537 kcal

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.

American-style pancakes V 38 689 kcal

Four pancakes, maple-flavour syrup, vanilla ice cream

- 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 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**

	Mild /// = Medium hot /// = Very hot
= Extreme	ely hot
Vegetarian 🕢 V	egan 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

# Served 8am - 12 noon

4.03

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	5.99	NEW Fiesta brunch    ✓ 659 kcal  Poached egg, toast, guacamole, pico de gallo  grilled halloumi-style cheese, mushroom, sa
<b>Traditional breakfast</b> 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of to	<b>3.69</b> past	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with
Small breakfast 355 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	2.79	Hollandaise sauce, rocket  Mushroom Benedict   638 kcal
Add: Black pudding (178 kcal) <b>80p</b>		Two poached eggs, on an English muffin, with
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	2.79	Hollandaise sauce, rocket  Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with
Large vegetarian breakfast ♥ 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns,	5.99	Hollandaise sauce, rocket  American-style pancakes
mushroom, tomato, two slices of toast  Vegetarian breakfast ♥ 786 kcal  Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	3.69	Naw Four pancakes, banana, strawberries, maple-flavour syrup. ♥ ☜ 708 kcal Four pancakes, maple-cured bacon, maple-fl Four pancakes, maple-flavour syrup. ♥ ☜ 5
Small vegetarian breakfast V 3 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	2.79	Small American-style pancakes Two pancakes, maple-cured bacon, maple-fla
Vegan breakfast @ 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	2.79	Two pancakes, maple-flavour syrup. <b>© 30 6 Scrambled egg on toast ©</b> 570 kca  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	<b>7.00</b>	Beans on toast 👽 🚭 566 kcal. Buttere NEW Vegan option available with vegan sp Small beans on toast 👽 🥸 😘 25
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	5.14	Buttered white bloomer toast  Two slices of toast with jam or m White bloomer bread
Porridge  \$\infty\$ \$\infty\$ \$\infty\$ \$\infty\$ 252 kcal (plain)  Add: Banana \$\infty\$ (110 kcal) \$\infty\$ \$\infty\$ (125 kcal) \$\infty\$ \$\infty\$ Strawberries \$\infty\$ (27 kcal) \$\infty\$ \$\infty\$ Blueberries \$\infty\$ (17 kcal) \$\infty\$ \$\infty\$ \$\infty\$ table \$\infty\$ \$\infty\$ (27 kcal) \$\infty\$ \$\inft	1.99	Fresh fruit @ \$\circ\$ \$\circ\$ 200 kcal Apple, banana, blueberries, strawberries  \text{NEW} Fresh fruit and yoghurt \$\mathbf{V}\$ Apple, banana, blueberries, strawberries, Gre
Porridge  \$\infty\$ \text{ \$\infty\$ \$\infty\$ \text{ \$\infty\$} 252 kcal (plain) } Add: Banana \$\infty\$ (110 kcal) 60p; Maple-flavour syrup \$\infty\$ (125 kcal) 30p	1.99	Fresh Apple, b

### Tea and toast

5.14

Includes tea, coffee or hot chocolate. Free refills

with drink without drink Two slices of toast with jam or marmalade 2.49 1.99 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	4.5
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

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

Guacamole, pico de gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.62; Poached egg V (63 kcal) 98p 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 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 J20; Brecon Carreg natural mineral water (still/sparkling 500ml bottle), blackcurrant, lime or orange standard cordial (398ml glass); bloc orange or lemon Sanpellegrino (330ml can); Passion Fruit Cooler or Raspberry Refresher 0% cocktail (215ml glass); Monster Energy, Energy Ultra, Energy Ultra, Energy Ultra Peachy Keen, Energy Ultra Rosá, Mango Loco or Pipeline Punch (500ml can); Old

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

#### nole, pico de gallo, se mushroom salsa 5.29 nglish muffin, with Wiltshire cured ham 5.29 nalish muffin, with mushroom. 5.29 nglish muffin, with black pudding, ncakes ana, strawberries, blueberries, 5.14 708 kcal ed bacon, maple-flavour syrup. 645 kcal 5.14 our syrup. 🤍 🥯 554 kcal 4.45 yle pancakes d bacon, maple-flavour syrup. (500) 322 kcal 3.69 3.40 our syrup. V 🥯 晄 277 kcal 2.79 toast V 570 kcal bloomer toast 566 kcal. Buttered white bloomer toast 2.79 ble with vegan spread 🥏 🐯 😘 460 kcal 2.29 **st V** 5% (100) 252 kcal 1.99 with jam or marmalade V 524 kcal 200 kcal 2.99 strawherries nd yoghurt 🗸 🚳 ; 334 kcal 3.49 . strawberries. Greek-style honey yoghurt

# **Breakfast extras**

Add any of the following:		
Black pudding 178 kcal	80p Hash brown @ 82 kcal	51p
Lincolnshire sausage 168 kcal	1.15 Vegan sausage @ 82 kca	l 1.15
Slice of toast V 225 kcal	<b>1.23 Baked beans 126</b> kcal	98p
Fried egg V 56 kcal	98p Poached egg V 63 kcal	98p
Two mushrooms 🧿 100 kcal		98p
Two scrambled eggs V 136 kca		1.73
Two rashers of back bacon 131	kcal	1.67
Two grilled tomato halves @ 1	s kcal	57p
Four rashers of maple-cured	pacon 91 kcal	1.62
Grilled halloumi-style cheese	<b>V</b> 447 kcal	2.07

# -Tea, coffee and hot chocolate -



Latte 113 kcal Mocha 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 kcal Hot chocolate V 169 kcal

Flat white **9** 92 kcal

Cappuccino V 102 kcal

Walkers shortbread 151 kcal 71p

Stem ginger biscuit V 123 kcal 71p

Belgian chocolate biscuit V 129 kcal 71p

Salted caramel brownie bar V 316 kcal 1.64

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

100% -

FOOD HYGIENE RATING

0 1 2 3 4 5

# 100% UK and Irish beef

**Food hygiene** 

the maximum

of 5 in our pub.

We have been awarded

food hygiene rating

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

Several Wetherspoon pubs have 'moon' in their name, linking them with George Orwell's ideal pub. The famous writer called his fictitious pub 'Moon Under Water'. This one stands

on the site of Allen's Grocery and Tallow Chandlery Stores. It was demolished in c1885 to

make way for a purpose-built post office which served Boston until 1907. For many years,

it was Brenner's Bazaar – then, later, government offices, a restaurant and a bar

**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

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

**The Moon Under Water** 

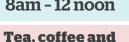
Boston

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



### 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.



Free refills

8am - 12 noon

**Breakfast** 

hot chocolate

**Traditional** 

breakfast

£3.69

## **Deli Deals** INCLUDES A DRINK •

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

alcoholic drink\*

soft drink\* £4.05

£5.58

# **Burger meals**

INCLUDES A DRINK •

Featuring 3oz American burger alcoholic drink\* soft drink\* £6.74

£5.21

# **Afternoon deals** INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips soft drink\* £7.92

£6.39

# Steak Club INCLUDES A DRINK'

**Tuesday 11.30am - 11pm** 

Featuring classic 8oz sirloin alcoholic drink\*

£9.97

£11.50

£9.74

# 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

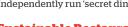
# LAVATIA Coffee The freshly ground 100% Arabica



Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms

### **Award-winning** children's menu







Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels Over 50 hotels and 1,329 rooms acros







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

on the app or by phone



8" pizzas. Sourdough base - proved, stretched,	99
topped and freshly baked to order.	
Margherita V ႈ 467 kcal. Mozzarella, basil	6.06
Pepperoni 77 575 kcal. Mozzarella, pepperoni	6.66
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocke	
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.66
Roasted vegetable © 514 kcal	6.66
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	0.00
<b>Vegan roasted vegetable @ 5% (555)</b> 355 kcal	6.66
Mushroom, roasted pepper, courgette, onion, basil	<b>5</b> 0/
Spicy meat feast PPP 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.24
<u></u>	
Char-grilled halloumi-style cheese V 514 kcal	5.11
Rocket, roasted pepper, courgette, onion, salsa	E 72
11" garlic pizza bread ♥ 772 kcal Nachos /// ♥ 695 kcal. Cheese, guacamole, salsa, sour cream, sliced	5.72 chillies <b>5.96</b>
Nachos /// 675 kcal. Cheese, guacamole, salsa, sour cream, suced ( Bowl of chips ∅ 964 kcal	3.99
Bowl of chips with curry sauce ② 1082 kcal	5.29
Cheesy chips V 1256 kcal	5.49
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	5.79
Tomato & basil soup V 🚳 🛗 374 kcal. White bloomer bread	4.38
NEW Vegan option available with vegan spread 🥏 🖘 🐝 285 kcal	
Halloumi-style fries 👽 📆 396 kcal Chicken bites 📆 322 kcal. Ten battered chicken breast pieces	5.11
Southern-fried chicken strips 🖊 📆 459 kcal. Five chicken brea Chicken wings 🖊 🖊 813 kcal. Ten spicy chicken wings Quorn™ nuggets @ 📆 331 kcal. Eight coated pieces	6.24 st strips 6.24 6.90 5.34
Chicken wings FFF 813 kcal. Ten spicy chicken wings	st strips <b>6.24 6.90</b>
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets @ 555 331 kcal. Eight coated pieces	st strips <b>6.24 6.90</b>
Chicken wings /// 813 kcal. Ten spicy chicken wings  Quorn™ nuggets © 331 kcal. Eight coated pieces  Deli Deals INCLUDES A DRINK All  All wraps and paninis are freshly made to order.	st strips <b>6.24 6.90</b>
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② 333 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK • ↓ ■  All wraps and paninis are freshly made to order.  IEW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal	st strips <b>6.24 6.90</b>
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② 5555 331 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK • ↓ ↓ ■  All wraps and paninis are freshly made to order.  IEW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	6.24 6.90 5.34 just-a-wrap,
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② 333 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK • ↓ ↓ ■  All wraps and paninis are freshly made to order.  IEW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap ② 545 kcal	st strips 6.24 6.90 5.34 just-a-wrap, without a drink
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② 333 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK • ↓ ↓ ■  All wraps and paninis are freshly made to order.  IEW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap ③ 545 kcal  Fried egg, two vegan sausages, Cheddar cheese	6.24 6.90 5.34 just-a-wrap,
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② \$333 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK • • • • • • • • • • • • • • • • • • •	just-a-wrap, without a drink
Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets ② 333 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK • ↓ ↓ ■  All wraps and paninis are freshly made to order.  IEW 10" wraps A smaller wrap and filling.  Small brunch wrap 559 kcal  Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  Small vegetarian brunch wrap ③ 545 kcal  Fried egg, two vegan sausages, Cheddar cheese	just-a-wrap, without a drink 3.14 each soft drink*
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.  INCLUDES A DRINK All 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 330 kcal	just-a-wrap, without a drink 3.14 each soft drink* 4.05
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 3310 kcal  Salad leaves, tomato, cucumber, salsa	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 555 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 555 399 kcal  Salad leaves, smoky chipotle mayo	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 555 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 555 399 kcal  Salad leaves, smoky chipotle mayo  Small cold chicken breast // 50 2577 kcal	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink*
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 555 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 555 399 kcal  Salad leaves, smoky chipotle mayo  Small cold chicken breast // 50 277 kcal  Salad leaves, sweet chilli sauce	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58
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.  TEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 330 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 3399 kcal  Salad leaves, smoky chipotle mayo  Small cold chicken breast // 92 330 277 kcal  Salad leaves, sweet chilli sauce  Small fried halloumi-style cheese // 9 330 391 kcal	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 555 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 555 399 kcal  Salad leaves, smoky chipotle mayo  Small cold chicken breast // 556 277 kcal  Salad leaves, sweet chilli sauce  Small fried halloumi-style cheese // € 556 391 kcal  Salad leaves, sweet chilli sauce	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58 each
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 355 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 355 399 kcal  Salad leaves, smoky chipotle mayo  Small cold chicken breast // 32 355 277 kcal  Salad leaves, sweet chilli sauce  Small fried halloumi-style cheese // 2 355 391 kcal  Salad leaves, sweet chilli sauce, tomato, cucumber  Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58 each
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 555 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 555 399 kcal  Salad leaves, smoky chipotle mayo  Small cold chicken breast // 50 555 277 kcal  Salad leaves, sweet chilli sauce  Small fried halloumi-style cheese // 0 555 391 kcal  Salad leaves, sweet chilli sauce, tomato, cucumber  Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1  12" wraps	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58 each
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Chicken wings /// 813 kcal. Ten spicy chicken wings Quorn™ nuggets © 331 kcal. Eight coated pieces  Deli Deals® INCLUDES A DRINK: ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58 each
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.  IEW 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 /// 502 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint  Small Quorn™ nuggets © 355 310 kcal  Salad leaves, tomato, cucumber, salsa  Small southern-fried chicken /// 355 399 kcal  Salad leaves, tomato, cucumber, salsa  Small cold chicken breast // 32 355 371 kcal  Salad leaves, sweet chilli sauce  Small fried halloumi-style cheese // 355 391 kcal  Salad leaves, sweet chilli sauce, tomato, cucumber  Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1  12" wraps  EW Shawarma chicken /// 719 kcal  Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58 each
Chicken wings	just-a-wrap, without a drink 3.14 each soft drink* 4.05 each alcoholic drink* 5.58 each

butnern-fried chicken 🖊 🦊 609 kcal Salad leaves, smoky chipotle mayo

soft drink\* Cold chicken breast FF 3 479 kcal 6.00 Salad leaves, sweet chilli sauce each Fried halloumi-style cheese // V 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber alcoholic drink\*

7.53

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.§

RITTGATE	INCLUDES A DRINK •
	INCLUDES A DUINK

order. Traceable from farm to fork.

Beef burgers made with 100% British b	eef, freshl	y cooked to	þ
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).	
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	soft drink* <b>5.21</b> each	alcoholic drink* <b>6.74</b> each	
Skinny beef burger 375 kcal lceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips		
American cheese burger 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 5.80 lic drink* 7.33	
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories	below).		
Double American burger 1138 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	soft drink* <b>7.50</b> each	alcoholic drink* <b>9.03</b> each	
<b>Double American cheese burger</b> 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 8.10 lic drink* 9.63	

# Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger 776 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink\* 6.74

Served with chips (602 kcal, included in Calories l	below).		
Fried buttermilk chicken burger 1255 kcal			
Breaded whole chicken breast fillet	soft drink*	alcoholic drink*	
Char-grilled chicken breast burger 970 kcal	7.50	9.03	
Skinny chicken burger 🚳 ; 394 kcal	each	each	
Char-grilled chicken breast, with a side salad, instead of chine	2		

#### **Meat-free burgers**

Served with chips (602 kcal, included in Calories below).

Beyond Burger™ @ 1043 kcal  BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* 7.50 each	alcoholic drink* <b>9.03</b> each
Duna da di ya wata bila biyuwan 🐧 1000 li ili	Cacii	Cacii

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

each 3.51 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 **FF** @ 529 927 kcal

Chicken tikka masala 1190 kcal Chicken jalfrezi PPP 32 935 kcal Beef Madras / 1043 kcal

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

soft drink\* alcoholic drink\*

9.45

7.92

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

**Gourmet burgers** 

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

Tennessee burger

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

Choose: Beef (two 3oz beef patties) 1567 kcal soft drink\* Char-grilled chicken breast 1417 kcal 9.70 Fried buttermilk chicken 1703 kcal each

alcoholic drink\* Maple-cured bacon, Cheddar cheese, BBQ sauce 11.23 Choose: Beef (two 3oz beef patties) 1644 kcal each Char-grilled chicken breast 1494 kcal

#### Fried buttermilk chicken 1780 kcal 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,

Triple American cheese & bacon burger 1770 kcal soft drink\* 11.15 Three 3oz beef patties, American-style cheese, alcoholic drink\* 12.68 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
Maple-cured bacon with American-style cheese 160 kcal	2.24
Cheddar cheese V 82 kcal	1.62
American-style cheese V 69 kcal	1.62
Maple-cured bacon 91 kcal	1.62
Crunchy chicken strip <b>/</b> 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 alcoholic drink\* 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

Add: Chicken gravy (50 kcal) 99p

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

Boneless basket # 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 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

Choose: Mashed potato 963 kcal; Chips 1279 kcal Bangers and mash 894 kcal Vegetarian bangers and mash V 635 kcal Three vegan sausages, peas, onion & red wine gravy Two slices of Wiltshire cured ham, two fried eggs soft drink\* Sausages, chips and beans 1170 kcal 7.78 Three Lincolnshire sausages each

Mon - Fri, 2pm - 5pm

Three vegan sausages

alcoholic drink\* 9.31

soft drink\*

11.13

each

12.66

each

alcoholic drink soft drink\* 7.57 9.10

6.98

# 11"DIZZAS INCLUDES A DRINK .

Sourdough base - proved, stretched,

**Additional toppings** 

topped and freshly baked to order. soft of	'Ink''	alconolic drink*
Margherita ♥ 934 kcal. Mozzarella, basil 7.	78	9.31
Pepperoni 🖊 1151 kcal. Mozzarella, pepperoni		
Ham and mushroom 1011 kcal		soft drink*
Mozzarella, ham, mushroom, rocket		8.85
BBQ chicken 1097 kcal		each
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	-	1 1: 1: 1*
Roasted vegetable V 1028 kcal	al	coholic drink*
Mozzarella, mushroom, roasted pepper, courgette, onion, basil		10.38 each
Vegan roasted vegetable @ 32 709 kcal		eacii
Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast /// 1214 kcal 9.5	92	11.45
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		

Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 4 kcal each 93p

each **1.25** 

each 1.63

6.52

6.52

4.99

4.99

soft drink\* alcoholic drink\*

### Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni / 109 kcal; Roasted vegetables @ 90 kcal

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

Small pub classics incl	UDES A DI	RINK' •
Fish and chips	soft drink*	alcoholic drink*
Small freshly battered cod and chips  Peas 681 kcal or mushy peas 739 kcal	8.14	9.67
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	8.14	9.67
Add: Two slices of bread ♥ (404 kcal) 1.44 Chip shop-style curry sauce ⊘ (118 kcal) 1.56		
Small Wiltshire cured ham, egg and chips (35) 455 kcal	4.79	6.32

# Two vegan sausages, fried egg, baked beans, chips Afternoon deal

Lincolnshire sausage, bacon, fried egg, baked beans, chips

Small vegetarian all-day brunch © 611 kcal

One slice of Wiltshire cured ham, fried equ

Small all-day brunch 681 kcal

Add: Black pudding (178 kcal) 80p

#### soft drink\* alcoholic drink\* Mon - Fri, 2pm - 5pm 6.39 7.92

# Pub classics includes a drink of

Fish and chips	SUITUIIIK	acconotic urink	
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 (V) (404 kcal) 1.44	· · · · · · · · · · · ·		
Chip shop-style curry sauce @ (118 kcal) 1.56			
All-day brunch 1245 kcal	5.45	6.98	
Two fried eggs, bacon, two Lincolnshire sausages, baked beans,	chips		
Add: Black pudding (178 kcal) 80p			
Vegetarian all-day brunch ♥ 1023 kcal	5.45	6.98	
T (1 1 11 11 11 11			

Two fried eggs, three vegan sausages, baked beans, chips Steak & kidney pudding Peas, onion & red wine gravy 6.98 5.45 8.62 10.15 Three Lincolnshire sausages, peas, onion & red wine gravy 10.15 8.62 6.74 Wiltshire cured ham, eggs and chips 856 kcal 5.21 6.98 5.45 Vegan sausages, chips and beans @ 910 kcal 5.45 6.98

NEW Chilli bean non-carne / @ 635 kcal 5.45 Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips Afternoon deal

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.

Steaks and grills INCLUDES A DRINK ...

soft drink\* alcoholic drink 11.55 13.08 Mediterranean salad 657 kcal: Jacket potato 774 kcal each each Mashed potato 745 kcal: Chips 1061 kcal

alcoholic drink

Peas, tomato, mushroom, three onion rings, steak sauce soft drink\* alcoholic drink\* Choose: Side salad 785 kcal 13.89 15.42 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\*

Classic 8oz sirloin steak

Gourmet 8oz sirloin steak

Choose: Side salad 526 kcal

BBQ chicken melt	10.38	11.91
Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce		
Choose: Side salad 🚳 609 kcal; Mediterranean salad 739	kcal	
Jacket potato 🚳 856 kcal; Mashed potato 827 kcal; Chips	1143 kcal	
5oz gammon and egg	9.03	10.56
Choose: Side salad 🚳 😘 402 kcal; Mediterranean sala	d 532 kcal	
Jacket potato 🚳 649 kcal; Mashed potato 620 kcal; Chips	936 kcal	
10oz gammon and eggs	12.19	13.72
Choose: Side salad 611 kcal; Mediterranean salad 741 kcal		
Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 114	6 kcal	
Mixed grill	12.19	13.72
Gammon, pork loin, rump, lamb, Lincolnshire sausage		
Choose: Side salad 984 kcal; Mediterranean salad 1114 kc	al	
Jacket potato 1231 kcal; Mashed potato 1202 kcal; Chips 1		
Large mixed grill	13.95	15.48

## Noodles, salads and pastas INCLUDES A DRINK

Gammon, pork loin, rump, lamb, two Lincolnshire sausages,

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\* Noodles, bean sprouts, shiitake mushroom, spring onior

NEW Ramen noodle bowl // @ 53 555 466 kcal 7.29 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 (\$500) 465 kcal Mediterranean salad @ 334 kcal 7.99

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 Grilled halloumi-style cheese 7.99 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 Chilli bean non-carne / (a) (149 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 @ 59 566 482 kcal Chilli bean non-carne / @ 58 588 442 kcal Roasted vegetables @ 59 (500) 383 kcal

alcoholic drink\* soft drink\* 7.15 8.68 each

9.20

9.52

10.73