































DESSERTS		
Millionaire's shortbread   331 kcal	2.42	
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce		
Chocolate & salted caramel torte	5.74	
Chocolate biscuit base, chocolate & salted caramel filling, topped with a fresh strawberry		
Vanilla ice cream  554 kcal or NEW salted caramel ice cream  557 kcal		
Vanilla ice cream   257 kcal	2.06	
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch   287 kcal	2.06	
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie   397 kcal	3.28	
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich   347 kcal	3.28	
Salted caramel filling, toffee sauce, vanilla ice cream		
Mini American-style pancakes   373 kcal	4.28	
Two pancakes, maple-flavour syrup, vanilla ice cream		
Fresh fruit and ice cream    379 kcal	3.49	
Apple, banana, blueberries, strawberries, vanilla ice cream		
Salted caramel sticky toffee pudding  799 kcal	5.72	
Vanilla ice cream		
Warm chocolate fudge cake  832 kcal. Vanilla ice cream	5.74	
Warm chocolate brownie  697 kcal	5.74	
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich  601 kcal	5.74	
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble  602 kcal. Vanilla ice cream	6.05	
American-style pancakes   650 kcal	5.72	
Four pancakes, maple-flavour syrup, vanilla ice cream		
Add: Vanilla ice cream scoop  (97 kcal) 99p ; Toffee sauce  (66 kcal) 47p ; Belgian chocolate sauce  (61 kcal) 47p ; Banana  (110 kcal) 60p ; Strawberries  (14 kcal) 60p ; Blueberries  (17 kcal) 60p		






ALLERGEN AND NUTRITIONAL INFORMATION





This can be found on the menus, 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% fat or less  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	6.59	Eggs Benedict 756 kcal	6.07
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Traditional breakfast 774 kcal	4.99	Mushroom Benedict  667 kcal	6.07
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Small breakfast  435 kcal	2.99	Miner's Benedict 970 kcal	6.07
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Add: Black pudding (178 kcal) 80p			
Freedom breakfast 581 kcal	2.99	American-style pancakes – choose:	
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.   694 kcal	5.72
		Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	5.72
		Four pancakes, maple-flavour syrup.   554 kcal	5.03
Large vegetarian breakfast  1075 kcal	6.59	Small American-style pancakes – choose:	
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal	4.28
Vegetarian breakfast  729 kcal	4.99	Two pancakes, maple-flavour syrup.    277 kcal	3.98
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Scrambled egg on toast  570 kcal	2.99
Small vegetarian breakfast    281 kcal	2.99	Three eggs, buttered white bloomer toast	
Fried egg, vegan sausage, baked beans, hash brown, tomato		Beans on toast   566 kcal. Buttered white bloomer toast	2.99
Vegan breakfast   616 kcal	2.99	Vegan option available with vegan spread    460 kcal	
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Small beans on toast    252 kcal	2.49
		Buttered white bloomer toast	
American breakfast 1258 kcal	7.58	Fresh fruit    186 kcal. Apple, banana, blueberries, strawberries	2.99
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		Fresh fruit and yoghurt    320 kcal	3.49
		Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Small American breakfast 629 kcal	5.72	Porridge    253 kcal (plain)	1.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		Add: Banana  (110 kcal) 60p ; Strawberries  (14 kcal) 60p	
		Blueberries  (17 kcal) 60p ; Honey  (152 kcal) 30p	
		Sliced apple  (46 kcal) 60p ; Maple-flavour syrup  (104 kcal) 30p	

BREAKFAST EXTRAS

Add any of the following:

NEW Hash brown basket (five pieces)  410 kcal	2.14
Black pudding 178 kcal	80p
Two back bacon rashers 131 kcal	1.67
Lincolnshire sausage 168 kcal	1.15
Vegan sausage  72 kcal	1.15
Fried egg  56 kcal	98p
Poached egg  63 kcal	98p
Two scrambled eggs  136 kcal	1.73
Baked beans  126 kcal	98p
Hash brown  82 kcal	51p
Two mushrooms  94 kcal	98p
Two tomato halves  16 kcal	57p
Hollandaise sauce  299 kcal	1.92
Slice of toast  192 kcal	1.23

TEA, COFFEE AND HOT CHOCOLATE

FREE REFILLS
TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —



£1.71 each

Biscuits	
Walkers shortbread  151 kcal	71p each
Stem ginger biscuit  123 kcal	
Belgian chocolate biscuit  129 kcal	

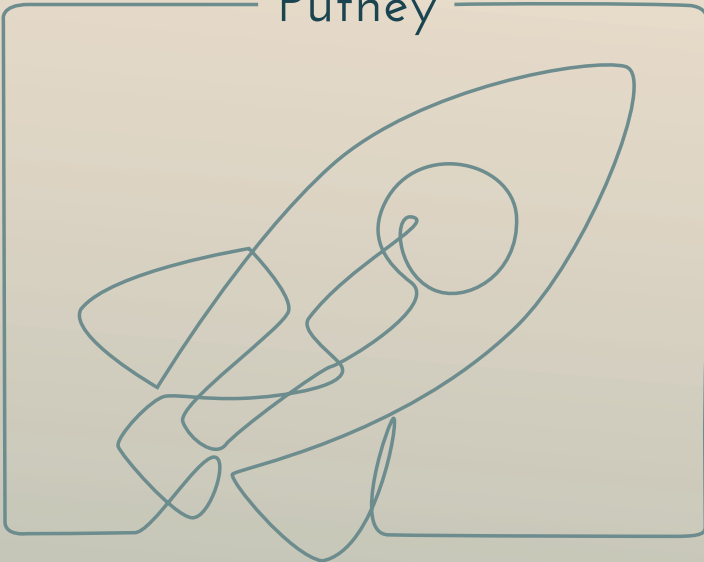
All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to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

AP6283

FOOD

Breakfast 8am – 12 noon
Main menu 11.30am – 10pm. Children's menu available.

The Rocket Putney




Previously occupied by the Rocket Riverside restaurant, these premises are at the foot of Putney Wharf Tower, a refurbished office block, built in 1962 as the headquarters of International Computers Limited. In 1998, an archaeological dig was carried out on the site of the curved extension to the tower, revealing the existence of a large house which stood here for 250 years. On the 1841 Tithe Map, it is recorded as Gothic House.

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TABLE SERVICE

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.



Use the app to: Order food and/or drinks • Search for a pub • Book a hotel • Save your favourites • Find an ale

Allergen and nutritional information can be found on the customer information screen, website and Wetherspoon app.

Adults need around 2000 kcal a day.[§]

MENU_6283

Small Plates 3 for £14.99			
8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.			
Margherita	475 kcal. Mozzarella, fresh basil	6.76	
NEW Spicy chicken	706 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket	7.35	
Pepperoni	556 kcal. Mozzarella, pepperoni	7.35	
Ham and mushroom	512 kcal. Mozzarella, ham, mushroom, rocket	7.35	
BBQ chicken	562 kcal Mozzarella, chicken breast, BBQ sauce, red onion, rocket	7.35	
Roasted vegetable	522 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil	7.35	
Vegan roasted vegetable	358 kcal Mushroom, roasted pepper, courgette, onion, fresh basil	7.35	
Spicy meat feast	606 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.95	
11" garlic pizza bread	778 kcal	5.72	
Nachos	768 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.46	
Bowl of chips	964 kcal	3.99	
Bowl of chips with curry sauce	1082 kcal	5.29	
Cheesy chips	1256 kcal	5.49	
Loaded chips	1303 kcal. Cheese, maple-cured bacon, sour cream	5.79	
NEW Shawarma-chicken-topped chips	1387 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces	5.79	
Halloumi-style fries	458 kcal. Sweet chilli sauce	6.18	
Chicken bites	403 kcal Ten battered chicken breast pieces, BBQ sauce	6.46	
Southern-fried chicken strips	547 kcal Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze	6.58	
Chicken wings	1113 kcal. Ten spicy chicken wings, Naga chilli sauce	7.36	
Quorn™ nuggets	345 kcal Eight coated pieces, sweet chilli sauce	6.18	

Wings, Bites and Strips		
Mix and match		2.99 each
Five chicken wings	445 kcal. Spicy chicken wings	
Five chicken bites	161 kcal Battered chicken breast pieces	2 for 5.49
Three southern-fried chicken strips	276 kcal Chicken breast strips	3 for 7.49
Add: Sweet chilli sauce		
Naga chilli sauce	BBQ sauce	
Jack Daniel's® Tennessee Honey glaze		
Chipotle mayo		
Blue cheese sauce	Garlic & herb dip	99p each

Deli Deals® INCLUDES A DRINK*		
All wraps, paninis and 8" pizzas are freshly made to order.		
12" wraps (just-a-wrap, without a drink 6.55 each)		
NEW Brunch wrap	741 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	
NEW Vegetarian brunch wrap	622 kcal Two fried eggs, two vegan sausages, Cheddar cheese	
Korean fried chicken	618 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce	
Shawarma chicken	712 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket	
Quorn™ nuggets	490 kcal Salad leaves, tomato, cucumber, salsa	soft drink* 7.73 each
Southern-fried chicken	623 kcal Salad leaves, smoky chipotle mayo	alcoholic drink* 9.49 each
Cold chicken breast	485 kcal Salad leaves, sweet chilli sauce	
Fried halloumi-style cheese	727 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	
Paninis		
Cheddar cheese and tomato	604 kcal	
Wiltshire cured ham and Cheddar cheese	580 kcal	
BBQ chicken, bacon and Cheddar cheese	576 kcal	
Tuna mayo and Cheddar cheese	581 kcal	
8" pizzas		
Choose any 8" pizza from the small plates section.		
Add: Side salad		
Spicy rice	Chips	1.54 each

Burgers INCLUDES A DRINK*		
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 . With red onion, gherkin, ketchup, American-style mustard.		
American	529 kcal 6oz beef patty	soft drink* 9.75 alcoholic drink* 11.51
American cheese	597 kcal 6oz beef patty, American-style cheese	soft drink* 10.34 alcoholic drink* 12.10

Served with chips (add 602 kcal) or ask for a side salad . With iceberg lettuce, tomato, red onion.		
The classic burger	540 kcal 6oz beef patty	soft drink* 9.75 each
Fried buttermilk chicken	460 kcal Breaded whole chicken breast fillet	alcoholic drink* 11.51 each
The plant burger	537 kcal Plant-based patty, garlic & herb sauce	
Halloumi-style cheese and sweet chilli	638 kcal Fried halloumi-style cheese, sweet chilli sauce	
Served with chips (add 602 kcal) or ask for a side salad .		
Crunchy chicken	440 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	soft drink* 7.50 each
NEW Korean fried chicken	376 kcal Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce	alcoholic drink* 9.26 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 . With iceberg lettuce, tomato, red onion.		
NEW Cheese meltdown	American-style cheese, smothered with Emmmental & Cheddar cheese sauce	
Choose: Beef	(6oz beef patty) 732 kcal	
Fried buttermilk chicken	839 kcal	
NEW The Big Smoke	Pulled BBQ beef brisket, American-style cheese, maple-cured bacon	
Choose: Beef	(6oz beef patty) 1170 kcal	
Fried buttermilk chicken	1310 kcal	
NEW Buffalo	819 kcal Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing	soft drink* 11.95 each
NEW BBQ stack	439 kcal Plant-based patty, stacked with six onion rings and covered with BBQ sauce	alcoholic drink* 13.71 each

The ultimate burger	851 kcal 6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	
Tennessee	Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	
Choose: Beef	(6oz beef patty) 719 kcal	
Fried buttermilk chicken	639 kcal	

NEW The Empire State	1038 kcal Two 6oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* 13.41 alcoholic drink* 15.17
Additional toppings		
Sliced pickled gherkins		50p
BBQ sauce		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	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
Fried buttermilk chicken	473 kcal	
Fried halloumi-style cheese	298 kcal	
Plant-based patty		each 2.07

Chicken INCLUDES A DRINK*		
Sticky Korean fried chicken bowl		
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies		
Choose: Coconut-flavour rice	866 kcal	
Chips	1234 kcal	
Sticky Korean fried Quorn™		soft drink* 9.79 each
‘no chicken’ bowl		alcoholic drink* 11.55 each
Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies		
Choose: Coconut-flavour rice	712 kcal	
Chips	1080 kcal	

Boneless basket	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		soft drink* 10.73 each
Ten battered chicken breast pieces, coleslaw, BBQ sauce		alcoholic drink* 12.49 each
Choose: Side salad	622 kcal	
Spicy rice	758 kcal	
Chips	1157 kcal	
Southern-fried chicken strips basket		
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		soft drink* 10.73 each
Eight coated pieces, coleslaw, sweet chilli sauce		alcoholic drink* 12.49 each
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	916 kcal	soft drink* 11.90 each
Chicken tikka masala	1036 kcal	alcoholic drink* 13.66 each
Chicken jalfrezi	923 kcal	
Beef Madras	1088 kcal	
Change your plain naan to a garlic naan		
52p		
Simple curries		
With basmati pilau rice or chips.		
Simple sweet potato, chickpea		soft drink* 9.67 each
& spinach curry		alcoholic drink* 11.43 each
Choose: Basmati pilau rice	557 kcal	
Chips	959 kcal	
Simple chicken tikka masala		
Choose: Basmati pilau rice	676 kcal	
Chips	1079 kcal	
Simple chicken jalfrezi		
Choose: Basmati pilau rice	564 kcal	
Chips	966 kcal	
Simple beef Madras		
Choose: Basmati pilau rice	729 kcal	
Chips	1131 kcal	

Add: One vegetable samosa and two onion bhajis	1.86
Two plain poppadums	52p

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.		
Katsu grilled chicken curry	542 kcal	soft drink* 10.79 each
Sliced chicken breast		alcoholic drink* 12.55 each
Katsu Quorn™ nugget curry	638 kcal	
Eight coated pieces		
Katsu chicken curry	828 kcal	
Sliced whole breaded chicken breast fillet		

Curry Club®		
Thursday 11.30am – 10pm		
Featuring chicken korma – see Curry Club® menu for full range.	soft drink* 10.56	alcoholic drink* 12.32

Jacket Potatoes INCLUDES A DRINK*		
With side salad and one filling. Extra fillings 1.40 each.		
Tuna mayo	594 kcal	soft drink* 8.90 each
Coleslaw	561 kcal	alcoholic drink* 10.66 each
Cheese	587 kcal	
Baked beans	484 kcal	
Chilli bean non-carne	444 kcal	
Roasted vegetables	385 kcal	

Pub Classics INCLUDES A DRINK*		
	soft drink*	alcoholic drink*
Freshly battered fish and chips	12.14	13.90
Cod, peas 1251 kcal, mushy peas 1308 kcal or baked beans 1247 kcal		
Whitby breaded scampi	12.14	13.90
Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal.		
Eight Whitby breaded scampi		
Add: Two slices of bread	1.44	
Chip shop-style curry sauce	1.56	
All-day brunch	1245 kcal	11.49 13.25
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips		
Add: Black pudding (178 kcal) 80p		
Vegetarian all-day brunch	992 kcal	11.49 13.25
Two fried eggs, three vegan sausages, baked beans, chips		
NEW Steak & ale pudding		10.38 12.14
Peas, onion & red wine gravy		
Choose: Mashed potato	957 kcal	
Chips	1260 kcal	
Bangers and mash	888 kcal	10.38 12.14
Three Lincolnshire sausages, peas, onion & red wine gravy		
Vegetarian bangers and mash	598 kcal	10.38 12.14
Three vegan sausages, peas, onion & red wine gravy		
Wiltshire cured ham, eggs and chips	856 kcal	9.79 11.55
Two slices of Wiltshire cured ham, two fried eggs		
Sausages, chips and beans	1170 kcal	9.49 11.25
Three Lincolnshire sausages		
Vegan sausages, chips and beans	9.49	11.25
Three vegan sausages		
Chilli bean non-carne	629 kcal	10.38 12.14
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips		




















Afternoon Deal		
Mon – Fri, 2pm – 5pm		
Choose from the above pub classic meals.	soft drink* 9.32	alcoholic drink* 11.08

Small Pub Classics INCLUDES A DRINK*		
	soft drink*	alcoholic drink*
Small freshly battered fish and chips	9.92	11.68
Cod, peas 687 kcal, mushy peas 744 kcal or baked beans 683 kcal		
Small Whitby breaded scampi	9.92	11.68
Chips, peas 629 kcal, mushy peas 686 kcal or baked beans 625 kcal.		
Four Whitby breaded scampi		
Add: Two slices of bread	1.44	
Chip shop-style curry sauce	1.56	
Small Wiltshire cured ham, egg and chips	455 kcal	8.68 10.44
One slice of Wiltshire cured ham, fried egg		
Small all-day brunch	681 kcal	8.68 10.44
Lincolnshire sausage, bacon, fried egg, baked beans, chips		
Add: Black pudding (178 kcal) 80p		
Small vegetarian all-day brunch	590 kcal	8.68 10.44
Two vegan sausages, fried egg, baked beans, chips		

Afternoon Deal		
Mon – Fri, 2pm – 5pm		
Choose from the above small pub classic meals.	soft drink* 8.15	alcoholic drink* 9.91

Adults need around 2000 kcal a day.*

11" Pizzas INCLUDES A DRINK*		
Sourdough base – proved, stretched, topped and freshly baked to order.		
	soft drink*	alcoholic drink*
Margherita	Mozzarella, fresh basil	10.73 12.49
NEW Spicy chicken	Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket	
Pepperoni	1111 kcal. Mozzarella, pepperoni	soft drink* 11.90 each
Ham and mushroom	1025 kcal Mozzarella, ham, mushroom, rocket	alcoholic drink* 13.66 each
BBQ chicken	1111 kcal Mozzarella, chicken breast, BBQ sauce, red onion, rocket	
Roasted vegetable	1044 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil	
Vegan roasted vegetable	715 kcal Mushroom, roasted pepper, courgette, onion, fresh basil	
Spicy meat feast		13.08 14.84
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		
Additional toppings		
Red onion		
Sliced chillies	Mushroom	each 93p
Garlic & herb dip		
Mozzarella	Ham (71 kcal)	
Chicken breast (94 kcal)	Maple-cured bacon (92 kcal)	each 1.25
Pepperoni		
Roasted vegetables		each 1.63

NOODLES, SALADS AND PASTAS			
INCLUDES A DRINK*  			
		soft drink*	alcoholic drink
Ramen noodle bowl     	477 kcal	9.29	11.05
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth			
Chicken & maple-cured bacon salad		10.49	12.25
Choose: Chicken breast   384 kcal			
Southern-fried chicken breast strips  566 kcal			
Mediterranean salad   	349 kcal	9.49	11.25
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, pumpkin seeds, basil, dressing			
Fried halloumi-style cheese		9.49	11.25
& roasted vegetable salad  607 kcal			
Roasted pepper, courgette, onion, pico de gallo, dressing			
.....			
Additional toppings			
Maple-cured bacon (91 kcal)	1.62	Poached egg  (63 kcal)	98p
Tuna mayo (298 kcal)	1.16	Roasted vegetables  (90 kcal)	1.63
Chicken breast (187 kcal)	2.07	Chilli bean non-carne   (149 kcal)	2.07
Fried buttermilk chicken (473 kcal)			2.07
Spicy pulled chicken thigh  (249 kcal)			3.09