Desserts NEW Giant profiterole W (368) 433 kcal Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry NEW Salted caramel sticky toffee pudding **②** 877 kcal 5.14 Millionaire's shortbread W (1988) 409 kcal 2.32 Two vanilla ice cream scoops, shortbread biscuit. Belgian chocolate sauce, toffee sauce 1.97 Vanilla ice cream V (500) 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch V 500 364 kcal 1.97 Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 655 435 kcal 3.13 Belgian chocolate sauce, vanilla ice cream 3.13 Mini warm cookie dough sandwich V 6831 kcal Salted caramel filling, toffee sauce, vanilla ice cream Fresh fruit V 52 555 470 kcal 4.71 Apple, banana, blueberries, strawberries, vanilla ice cream 5.48 Warm chocolate fudge cake 909 kcal Vanilla ice cream Warm chocolate brownie 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 5.77 British Bramley apple crumble V 673 kcal

Add: Vanilla ice cream scoop (135 kcal) 99p; Toffee sauce (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 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 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

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BREAKFAST

8am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.29
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice Small breakfast 655 kcal	4.99 of toast 2.99	Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.29
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown Add: Black pudding (178 kcal) 80p		Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.29
Freedom breakfast 586 kcal	2.99	NEW Hash brown basket @ 555 410 kcal	2.14
Large vegetarian breakfast V 1129 kcal	6.59	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	2.99
three hash browns, mushroom, two slices of toast Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast Small breakfast 600 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown Add: Black pudding (178 kcal) 80p Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato Large vegetarian breakfast 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, 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 Small vegetarian breakfast 600 800 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato Vegan breakfast 6042 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.99	Beans on toast (*) 🚳 566 kcal Buttered white bloomer toast NEW Vegan option available with vegan spread 🥝 🚳 🚮 460 kcal	2.99
mushroom, tomato, slice of toast	2.99	Small beans on toast 👽 🕸 😘 252 kcal Buttered white bloomer toast	2.49
Fried egg, vegan sausage, baked beans, hash brown, tomato	2.99	Two slices of toast with jam or marmalade ② 524 kcal White bloomer bread	1.99
		Fresh fruit @ 60 \$800 kcal Apple, banana, blueberries, strawberries	2.99
Add: Banana @ (110 kcal) 60p; Strawberries @ (27 kcal) 60p	1.99	NEW Fresh fruit and yoghurt \$\infty\$ \$\infty\$ \$\infty\$ 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	3.49

Breakfast extras

Sliced apple (46 kcal) 60p

Add any of the following:					
Black pudding 178 kcal	80p	Two rashers of back bacon 131 kcal	1.67	Baked beans @ 126 kcal	98p
Lincolnshire sausage 168 kcal	1.15	Four rashers of maple-cured bacon 91 kcal	1.62	Two mushrooms 🥏 100 kcal	98p
Vegan sausage 🥝 82 kcal	1.15	Two scrambled eggs 💟 136 kcal	1.73	Two grilled tomato halves 🥝 16 kcal	57p
Slice of toast V 225 kcal	1.23	Fried egg 🤍 56 kcal	98p		
Hash brown @ 82 kcal	51p	Poached egg V 63 kcal	98p		

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	2.69
Sausage butty 714 kcal	2.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty 👽 541 kcal	2.69
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread 🕖 🚳 🗺 435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free ref	ills°
Egg & cheese muffin ♥ 349 kcal Fried egg. American-style cheese, in an English muffin	3.31
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 333 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.77
Egg & vegetarian sausage muffin ♥ 555 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 5567 482 kcal	3.99

Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

Add: Hash brown @ (82 kcal) 51p

-Tea, coffee and hot chocolate-TEA, COFFEE AND **HOT CHOCOLATE**

Breakfast wrap 724 kcal

hash brown Cheddar cheese

Cheddar cheese

Fried egg, bacon, Lincolnshire sausage,

Vegetarian breakfast wrap V 735 kcal

Fried egg, two vegan sausages, two hash browns,

- ALL DAY EVERY DAY -LAVATIA (20 (20) (30)

Cappuccino V 102 kcal Latte V 113 kcal Mocha 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 kcal Hot chocolate V 169 kcal

with semi-skimmed milk V 14 kcal

Dairy alternative: oat sachet @ 4 kcal

Decaffeinated tea and coffee available

Flat white **9** 92 kcal

4.51

4.51

Biscuits

Walkers shortbread V 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

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 J2O and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in al

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

ITSIMNOGRIII >

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



Breakfast

8am - 12 noon

breakfast £4.99

Traditional

Tea. coffee and hot chocolate Free refills

Deli Deals INCLUDES A DRINK •

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

soft drink* £4.41

alcoholic drink* £5.94

Burger meals

INCLUDES A DRINK •

Featuring 3oz American burger soft drink* alcoholic drink*

£5.74

£7.27

Afternoon deals

INCLUDES A DRINK

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

£6.39

£7.92

Curry Club

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

Featuring the katsu curry range alcoholic drink*

£9.74

INCLUDES A DRINK • Choose from over 150 drinks



Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.



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Food hygiene

100% UK and

From farms in the UK

and Ireland, prime beef

steaks matured for 28

days. Traceable from

Irish beef

farm to fork.

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



iustainable fish

Free-range eggs

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



LAVATIA Coffee The freshly ground 100% Arabica

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



Award-winning children's menu

Independently run 'secret diner' survey.



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'.

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

quality mark and are RSPCA

assured, ensuring the highest

standards of animal welfare.

Adults need around 2000 kcal a day.§





on the app or by phone



Small plates Any 3 for £14.99 8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order. 6.06 Margherita V 67 kcal. Mozzarella, basil Pepperoni **FF** 575 kcal. Mozzarella, pepperoni 6.66 Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket 6.66 BBQ chicken 555 kcal 6.66 Mozzarella BBQ sauce chicken breast redignion rocket Roasted vegetable V 514 kcal 6.66 Mozzarella, mushroom, roasted pepper, courgette, onion, basil 6.66 Roasted vegetable and vegan cheeze @ 550 (500) 416 kcal Mushroom, roasted pepper, courgette, onion, basil Spicy meat feast **FFF** 615 kcal 7.24 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket 11" garlic pizza bread V 772 kcal 5.72 Nachos ♥♥♥ ♥ 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies 5.96 Bowl of chips @ 964 kcal 3.99 Bowl of chips with curry sauce 1082 kcal 5.29 5.49 Cheesy chips V 1256 kcal **Loaded chips** 1303 kcal. Cheese, maple-cured bacon, sour cream 5.79 With any of the small plates below, choose one dip: Sweet chilli // @ 37 kcal; Sticky soy V 100 kcal; Naga chilli // @ 136 kcal Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal; Chipotle mayo FFF ♥ 150 kcal Blue cheese V 270 kcal; BBQ sauce Ø 83 kcal Halloumi-style fries V 500 396 kcal 5.11 Chicken bites 322 kcal. Ten battered chicken breast pieces 6.24 Southern-fried chicken strips / 559 kcal. Five chicken breast strips 6.24 **Chicken wings** 813 kcal. Ten spicy chicken wings 6.90 Quorn[™] nuggets @ 531 kcal. Eight coated pieces 5.34 De i Dea S includes a drink

ı		
	All wraps and paninis are freshly made to order.	
	NEW 10" wraps A smaller wrap and filling.	
	Small brunch wrap 559 kcal	
	Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap,
	Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese	without a drink 3.23 each
	Small shawarma chicken FFF 502 kcal	Cucii
	Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* 4.41
	Small Quorn [™] nuggets @ 😘 310 kcal	each
	Salad leaves, tomato, cucumber, salsa	alcoholic drink*
	Small southern-fried chicken /// (355) 399 kcal Salad leaves, smoky chipotle mayo	5.94 each
	Small fried halloumi-style cheese ♥ ♥ ♥ 555 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad (46 kcal); Small portion of chips (329 kcal) 1	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 ② 3** 508 kcal. Tomato, cucumber, salsa

Southern-fried chicken **FFF** 609 kcal Salad leaves, smoky chipotle mayo soft drink* 6.00 Fried halloumi-style cheese // V 707 kcal each Salad leaves, sweet chilli sauce, tomato, cucumber

alcoholic drink* 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 8" pizzas on a freshly baked sourdough base Choose any 8" pizza from the small plates section.

Add: Side salad (91 kcal); Spicy rice (208 kcal) Chips @ (602 kcal) 1.54 each

Burgers includes a drink ...

order. Traceable from farm to fork.

alcoholic drink*

9.56

each

Beef burgers made with 100% British beef, freshly cooked to				
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* 5.74 each	alcoholic drink* 7.27 each		
Skinny beef burger 375 kcal lceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips			
American cheese burger 730 kcal soft drink* 6.3 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 7.8 American-style mustard				
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* 8.03 each	alcoholic drink* 9.56 each		
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 8.60 lic drink* 10.13		

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below).			
Crunchy chicken strip burger ₱ 776 kcal	soft drink*	5.74	
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink*	7.27	
•••••			

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

Fried buttermilk chicken burger 1255 kcal	soft drink*	8.03
Breaded whole chicken breast fillet	alcoholic drink*	9.56

Meat-free burgers

// V 1118 kcal. Sweet chilli sauce

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

Beyond Burger [™] ② 1043 kcal	
BEYOND MEAT plant-based patty,	soft drink*
iceberg lettuce, garlic & herb sauce	8.03
Fried halloumi-style cheese burger	each

Just-a-hurger

erved on its own, without chips or a drink.	each 3.51
merican burger 🐯 367 kcal	

Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / \$300 447 kcal

CUTTIES INCLUDES A DRINK

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Classic curries

7.53

each

With basmati pilau rice, plain naan and poppadums.

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

a spiriacii cai i y y y w 121 kcat	soft drink*	alcoholic drin
Chicken tikka masala 🆊 1190 kcal	10.14 each	11.67
Chicken jalfrezi / / 32 935 kcal	eacn	each
Chicken jath ezi / / W /JJ ktat		

Beef Madras / 1043 kcal

Change your plain naan to a garlic naan (2) (add 92 kcal) 52p

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 59 542 kcal Sliced chicken breast

Katsu Quorn™ nugget curry @ 686 kcal soft drink* alcoholic drink* Eight coated pieces 9.03 10.56 each

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

Gourmet burgers	

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

signature burger sauce, gherkin

Ultimate burger 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese,

Tennessee burger

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

Beef (two 3oz beef patties) 1567 kcal Fried buttermilk chicken 1703 kcal	soft drink 10.23 each
BBQ burger	alcoholic dri
Maple-cured bacon, Cheddar cheese, BBQ sauce	11.76
Choose:	each
Beef (two 3oz beef patties) 1644 kcal	

Fried buttermilk chicken 1780 kcal Fiesta burger @ 1380 kcal

BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

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

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 173 kcal	2.2
Maple-cured bacon with American-style cheese 160 kcal	2.2
Cheddar cheese ② 82 kcal	1.6
American-style cheese © 69 kcal	1.6
NEW Vegan cheeze @ 57 kcal	1.6
Maple-cured bacon 91 kcal	1.6
Crunchy chicken strip / 92 kcal	1.6

3oz beef patty 168 kcal

Fried buttermilk chicken 473 kcal	each 2.07
	00011 =107

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

CITIC CELL 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	soft drink* 11.13 each
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal Spicy rice 1059 kcal; Chips 1453 kcal Hot and spicy	alcoholic drink ^a 12.66 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

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 🚳 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

10.51

soft drink*

8.98

each

alcoholic drink

Small pub classics includes a drink ... Fish and chips Small freshly battered cod and chips 🕖 9.67 8.14 Peas 681 kcal or mushy peas 739 kcal Small Whitby breaded scampi 8.14 9.67 Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56 Small Wiltshire cured ham, 6.91 8.44 egg and chips (555 kcal One slice of Wiltshire cured ham, fried egg Small all-day brunch 681 kcal 8.44 6.91 Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 80p Small vegetarian all-day brunch ♥ 611 kcal 6.91 8.44

Afternoon deal

MITCH HOOFI MEAT	
Mon - Fri, 2pm - 5pm	
Choose from the above small pub classic m	eals

Two vegan sausages, fried egg, baked beans, chips

soft drink*	alcoholic drink*
6.39	7.92

Pub classics includes a drink

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

Mon - Fri, 2pm - 5pm

7.57

Jacket potatoes inclu

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

Coles	law	V	559	kcal	
	_				

Cheese ♥ 512 kcal	soft drink*	I
Baked beans @ 555 482 kcal	7.15 each	8.68 each

Roasted vegetables @ 53 (555) 383 kcal

Chilli bean non-carne / @ 59 59 442 kcal

11" DIZZAS INCLUDES A DRINK

, , , , , , , , , , , , , , , , , , , ,	k* alcoholic drink* 3 10.51	
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	soft drink* 10.14 each	
Roasted vegetable ♥ 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Roasted vegetable and vegan cheeze ⊘ № 829 kcal	alcoholic drink* 11.67 each	
Mushroom, roasted pepper, courgette, onion, basil Spicy meat feast /// 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	2 12.85	
Additional toppings Red onion @ 10 kcal; Sliced chillies PPPPP @ 3 kcal; Mushroom @ 4 kcal each 93p		
Garlic & herb dip ⊘ 180 kcal; Mozzarella	each 1.25	

Noodles, salads and pastas INCLUDES A DRINK •

INCLUDES A DRINK VI		
Ramen noodle bowl // @ \$2 \$353 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Chicken breast (93 kcal) 1.25 Poached egg @ (63 kcal) 98p	soft drink* al 7.29	coholic drink* 8.82
Chicken & maple-cured bacon salad Choose: Chicken breast 333 283 kcal Southern-fried chicken breast strips 335 465 kcal	8.99	10.52
Mediterranean salad © 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables © (90 kcal) 1.63 Chicken breast (187 kcal) 2.07	7.99	9.52
Pasta alfredo ♥ 618 kcal 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	9.20	10.73
British beef & pancetta lasagne Choose: Side salad 761 kcal; Chips 1295 kcal	9.77	11.30

Sides and extras

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 39p)	3.99
Small bowl of chips @ 602 kcal	2.49
Five chicken wings / 407 kcal	2.99
NEW Five chicken breast bites 161 kcal	2.99
Eight Whitby breaded scampi 464 kcal	5.19
Peas ⊘ 133 kcal	99p
Mushy peas ② 248 kcal	99p
Side salad @ 91 kcal	2.39
Mediterranean side salad @ 198 kcal	3.32
Roasted vegetables @ 135 kcal	1.63
Coleslaw V 399 kcal	1.50
Sliced chillies FFFF @ 3 kcal	93p

Six 269 kcal **2.43 Twelve** 538 kcal **3.65** Onion rings 🕖 8" 386 kcal 4.55 **11**" 772 kcal **5.72** Garlic pizza bread 💟 11" 922 kcal 6.59 With cheese V **8**" 473 kcal **5.13**

Adults need around 2000 kcal a day.§