Desserts

Millionaire's shortbread (V) (Under 500) 331 kcal — 2.61
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce

Vanilla ice cream (V) (Under 500) 257 kcal — 2.26
Two scoops, toffee sauce, Belgian chocolate sauce

Cookie crunch (V) (Under 500) 287 kcal — 2.26
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce

Mini warm chocolate brownie (V) (Under 500) 397 kcal — 3.43
Belgian chocolate sauce, vanilla ice cream

Mini warm cookie dough sandwich (V) (Under 500) 347 kcal — 3.43
Salted caramel filling, toffee sauce, vanilla ice cream

Mini American-style pancakes (V) (Under 500) 373 kcal — 5.08
Two pancakes, maple-flavour syrup, vanilla ice cream

Fresh fruit and ice cream (V) (5%) (Under 500) 379 kcal — 4.49
Apple, banana, blueberries, strawberries, vanilla ice cream

Salted caramel sticky toffee pudding (V) 799 kcal — 6.54
Vanilla ice cream

Warm chocolate fudge cake (V) 832 kcal. Vanilla ice cream — 6.06

Warm chocolate brownie (V) 697 kcal — 6.06
Belgian chocolate sauce, vanilla ice cream

Warm cookie dough sandwich (V) 601 kcal — 6.06
Salted caramel filling, toffee sauce, vanilla ice cream

British Bramley apple crumble (V) 602 kcal. Vanilla ice cream — 6.37

American-style pancakes (V) (5%) 650 kcal — 6.54
Four pancakes, maple-flavour syrup, vanilla ice cream

Add: Vanilla ice cream scoop (V) (97 kcal) **99p**; **Toffee sauce** (V) (66 kcal) **47p**
Belgian chocolate sauce (Vg) (61 kcal) **47p**; **Banana** (Vg) (110 kcal) **60p**
Strawberries (Vg) (14 kcal) **60p**; **Blueberries** (Vg) (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
(V) Vegetarian (Vg) Vegan (5%) 5% fat or less (Under 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 — 7.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 774 kcal — 5.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

Small breakfast (Under 500) 435 kcal — 3.99
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

Add: Black pudding (178 kcal) **80p**

Freedom breakfast 581 kcal — 3.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Large vegetarian breakfast (V) 1075 kcal — 7.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast (V) 729 kcal — 5.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast

Small vegetarian breakfast (V) (5%) (Under 500) 281 kcal — 3.99
Fried egg, vegan sausage, baked beans, hash brown, tomato

Vegan breakfast (Vg) (5%) 616 kcal — 3.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

American breakfast 1258 kcal — 8.39
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup

Small American breakfast 629 kcal — 6.54
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup

Tea and toast

Includes tea, coffee or hot chocolate. Free refills□

	with drink	without drink
Two slices of toast with jam or marmalade (V) (Under 500) 458 kcal. White bloomer bread	2.49	1.99

Breakfast butties and wraps

Bacon butty 574 kcal — 3.69
Three back bacon rashers, buttered white bloomer bread

Sausage butty 714 kcal — 3.69
Two Lincolnshire sausages, buttered white bloomer bread

Vegetarian sausage butty (V) 520 kcal — 3.69
Two vegan sausages, buttered white bloomer bread
Vegan option available with vegan spread (Vg) (5%) (Under 500) 414 kcal

Breakfast wrap 724 kcal — 5.90
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap (V) 715 kcal — 5.90
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast muffin deal

Includes tea, coffee, hot chocolate (free refills□) or a soft drink.

Egg & cheese muffin (V) (Under 500) 280 kcal — 3.59
Fried egg, American-style cheese, in an English muffin

Egg & bacon muffin (Under 500) 346 kcal — 3.79
Fried egg, bacon, American-style cheese, in an English muffin

Egg & sausage muffin (Under 500) 449 kcal — 3.79
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin

Egg & vegetarian sausage muffin (V) (Under 500) 352 kcal — 3.79
Fried egg, vegan sausage, American-style cheese, in an English muffin

Breakfast muffin 514 kcal — 3.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

Add: Hash brown (Vg) (82 kcal) **51p**

Eggs Benedict 756 kcal — 6.89
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict (V) 667 kcal — 6.89
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 970 kcal — 6.89
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

American-style pancakes – choose:
Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. (V) (5%) 694 kcal — 6.54
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal — 6.54
Four pancakes, maple-flavour syrup. (V) (5%) 554 kcal — 5.85

Small American-style pancakes – choose:
Two pancakes, maple-cured bacon, maple-flavour syrup. (Under 500) 322 kcal — 5.08
Two pancakes, maple-flavour syrup. (V) (5%) (Under 500) 277 kcal — 4.79

Scrambled egg on toast (V) 570 kcal — 3.99
Three eggs, buttered white bloomer toast

Beans on toast (V) (5%) 566 kcal. Buttered white bloomer toast — 3.99
Vegan option available with vegan spread (Vg) (5%) (Under 500) 460 kcal

Small beans on toast (V) (5%) (Under 500) 252 kcal. Buttered white bloomer toast — 2.99

Fresh fruit (Vg) (5%) (Under 500) 186 kcal. Apple, banana, blueberries, strawberries — 3.99

Fresh fruit and yoghurt (V) (5%) (Under 500) 320 kcal — 4.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Porridge (V) (5%) (Under 500) 253 kcal (plain) — 1.99
Add: Banana (Vg) (110 kcal) **60p**; **Strawberries** (Vg) (14 kcal) **60p**
Blueberries (Vg) (17 kcal) **60p**; **Honey** (V) (152 kcal) **30p**
Sliced apple (Vg) (46 kcal) **60p**; **Maple-flavour syrup** (Vg) (104 kcal) **30p**

Breakfast extras

Add any of the following:

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

Tea, coffee and hot chocolate

FREE REFILLS□
TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —
LAVAZZA TORINO, ITALIA, 1895 — Rainforest Alliance CERTIFIED — 100% ARABICA BEANS
£1.71 each

Flat white (V) 92 kcal
Cappuccino (V) 102 kcal
Latte (V) 113 kcal
Mocha (V) 147 kcal
Espresso (Vg) 6 kcal
Black coffee (Vg) 6 kcal
White coffee (V) 24 kcal
Hot chocolate (V) 169 kcal
Tea with semi-skimmed milk (V) 14 kcal
Dairy alternative: oat sachet (Vg) 4 kcal
Decaffeinated tea and coffee available.

Biscuits
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**

jdwetherspoon.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. §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 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).

STD MENU_6383

FOOD

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

Built as a private residence, this building was converted into The Green Parrot in c1977. The old house stood in wooded grounds and was originally named Pentrig House, from the Cornish meaning 'end of the sea' or 'low tide'. In the late 1890s and early 1900s, it was the home of Joseph Teague, 'Capt. & Hon. Major' in the 1st Volunteer Battalion, Duke of Cornwall's Light Infantry, Perranporth.

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

Breakfast 8am – 12 noon — Traditional breakfast **£5.99**

Tea, coffee and hot chocolate Free refills□ — **£1.71** each

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
£7.13
soft drink* **£8.31** | alcoholic drink* **£10.07**

Afternoon deals
INCLUDES A DRINK*
Mon – Fri, 2pm – 5pm
Featuring small freshly battered fish and chips
soft drink* from **£8.74** | alcoholic drink* from **£10.50**

Gourmet burger meals
INCLUDES A DRINK*
Featuring NEW The Big Smoke burger
soft drink* **£11.19** | alcoholic drink* **£12.95**

INCLUDES A DRINK*
Choose from over 150 drinks

FOOD HYGIENE RATING 0 1 2 3 4 5 VERY GOOD
Food hygiene rating
We have been awarded the maximum food hygiene rating of 5 in this pub.

Sustainable fish
The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.

100% UK AND IRISH BEEF
100% UK and Irish beef
Traceable from farm to fork.

FOOD MADE GOOD — 2024 – 2026
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'.

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.

LAVAZZA TORINO, ITALIA, 1895 — 100% ARABICA BEANS — Rainforest Alliance
Coffee
The freshly ground 100% Arabica Lavazza coffee†† we serve is from Rainforest Alliance-certified farms.

OUT TO LUNCH — Sodexo
Award-winning children's menu
Independently run 'secret diner' survey.

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

Adults need around 2000 kcal a day.§

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

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.

UNLIMITED FREE Wi-Fi

Small plates | 3 for £14.99

8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.

Margherita (V) (HFSS 300) 475 kcal. Mozzarella, fresh basil — **6.76**

NEW Spicy chicken (🌶🌶🌶) 706 kcal — **7.35**
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket

Pepperoni (🌶🌶) 556 kcal. Mozzarella, pepperoni — **7.35**

Ham and mushroom 512 kcal. Mozzarella, ham, mushroom, rocket — **7.35**

BBQ chicken 562 kcal — **7.35**
Mozzarella, chicken breast, BBQ sauce, red onion, rocket

Roasted vegetable (V) 522 kcal — **7.35**
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil

Vegan roasted vegetable (🌾) (5%) (HFSS 300) 358 kcal — **7.35**
Mushroom, roasted pepper, courgette, onion, fresh basil

Spicy meat feast (🌶🌶🌶) 606 kcal — **7.95**
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

11" garlic pizza bread (V) 778 kcal — **6.29**

Nachos (🌶🌶🌶) (V) 768 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies — **6.24**

Bowl of chips (🌾) 964 kcal — **3.99**

Bowl of chips with curry sauce (🌾) 1082 kcal — **5.29**

Cheesy chips (V) 1256 kcal — **5.49**

Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream — **5.79**

NEW Shawarma-chicken-topped chips (🌶🌶🌶) 1387 kcal — **5.79**
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces

Halloumi-style fries (🌶🌶) (V) (HFSS 300) 458 kcal. Sweet chilli sauce — **6.35**

Chicken bites (HFSS 300) 403 kcal — **6.63**
Ten battered chicken breast pieces, BBQ sauce

Southern-fried chicken strips (🌶) 547 kcal — **6.58**
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze

Chicken wings (🌶🌶🌶) 1113 kcal. Ten spicy chicken wings, Naga chilli sauce — **7.36**

Quorn™ nuggets (🌶🌶) (🌾) (HFSS 300) 345 kcal — **6.18**
Eight coated pieces, sweet chilli sauce

Wings, bites and strips

Mix and match

Five chicken wings (🌶🌶🌶) (HFSS 300) 445 kcal
Spicy chicken wings

Five chicken bites (HFSS 300) 161 kcal
Battered chicken breast pieces

Three southern-fried chicken strips (🌶) (HFSS 300) 276 kcal
Chicken breast strips

Five Quorn™ nuggets (🌾) (HFSS 300) 177 kcal. Five coated pieces

2.99 each
2 for 5.49
3 for 7.49

Add: Sweet chilli sauce (🌶🌶) (🌾) (62 kcal)
Naga chilli sauce (🌶🌶🌶) (🌾) (136 kcal); **BBQ sauce** (🌾) (83 kcal)
Jack Daniel's® Tennessee Honey glaze (V) (87 kcal)
Chipotle mayo (🌶🌶🌶) (V) (150 kcal); **Blue cheese sauce** (V) (270 kcal)
Garlic & herb dip (🌾) (301 kcal)
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 **7.13** 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 (🌶🌶🌶) 712 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket

Quorn™ nuggets (🌶) (🌾) (HFSS 300) 490 kcal
Salad leaves, tomato, cucumber, salsa

Southern-fried chicken (🌶🌶🌶) 623 kcal
Salad leaves, smoky chipotle mayo

Cold chicken breast (🌶🌶) (5%) (HFSS 300) 485 kcal
Salad leaves, sweet chilli sauce

Fried halloumi-style cheese (🌶🌶) (V) 727 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

soft drink* 8.31 each
alcoholic drink* 10.07 each

Paninis

Cheddar cheese and tomato (V) 604 kcal

Wiltshire cured ham and Cheddar cheese 580 kcal

BBQ chicken, bacon and Cheddar cheese (5%) 576 kcal

Tuna mayo and Cheddar cheese 581 kcal

8" pizzas

Choose any 8" pizza from the small plates section.

Add: Side salad (🌾) (111 kcal); **Spicy rice** (🌶) (🌾) (203 kcal); **Chips** (🌾) (602 kcal) **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** (🌾) (add 111 kcal).
With red onion, gherkin, ketchup, American-style mustard.

American 529 kcal — soft drink* **8.99**, alcoholic drink* **10.75**
6oz beef patty

American cheese 597 kcal — soft drink* **9.58**, alcoholic drink* **11.34**
6oz beef patty, American-style cheese

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
6oz beef patty

Fried buttermilk chicken 460 kcal
Breaded whole chicken breast fillet

The plant burger (🌾) 537 kcal
Plant-based patty, garlic & herb sauce

soft drink* 8.99 each
alcoholic drink* 10.75 each

Halloumi-style cheese and sweet chilli (🌶🌶🌶) (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
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

NEW Korean fried chicken (🌶) 376 kcal
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

soft drink* 6.79 each
alcoholic drink* 8.55 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
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

NEW BBQ stack (🌾) 439 kcal
Plant-based patty, stacked with six onion rings and covered with BBQ sauce

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

soft drink* 11.19 each
alcoholic drink* 12.95 each

NEW The Empire State 1038 kcal — soft drink* **12.65**, alcoholic drink* **14.41**
Two 6oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Additional 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 (V) 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**
Fried buttermilk chicken 473 kcal
Fried halloumi-style cheese (V) 298 kcal
Plant-based patty (🌾) 152 kcal — 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 (5%) 866 kcal; **Chips** 1234 kcal

Sticky Korean fried Quorn™ 'no chicken' bowl (🌶) (🌾)
Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies
Choose: Coconut-flavour rice (5%) 712 kcal; **Chips** 1080 kcal

soft drink* 10.79 each
alcoholic drink* 12.55 each

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
Ten battered chicken breast pieces, coleslaw, BBQ sauce
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 (🌶🌶) (V)
Eight coated pieces, coleslaw, sweet chilli sauce
Choose: Side salad 520 kcal; **Spicy rice** 657 kcal; **Chips** 1056 kcal

soft drink* 10.29 each
alcoholic drink* 12.05 each

Curries INCLUDES A DRINK*

Classic curries With basmati pilau rice, plain naan and poppadums.

Sweet potato, chickpea & spinach curry (🌶🌶) (🌾) (5%) 916 kcal

Chicken tikka masala (🌶🌶) 1036 kcal

Chicken jalfrezi (🌶🌶🌶) (5%) 923 kcal

Beef Madras (🌶🌶🌶) 1088 kcal

soft drink* 12.48 each
alcoholic drink* 14.24 each

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; **Chips** 959 kcal

Simple chicken tikka masala (🌶🌶)
Choose: Basmati pilau rice 676 kcal; **Chips** 1079 kcal

Simple chicken jalfrezi (🌶🌶🌶)
Choose: Basmati pilau rice (5%) 564 kcal; **Chips** 966 kcal

Simple beef Madras (🌶🌶🌶)
Choose: Basmati pilau rice 729 kcal; **Chips** 1131 kcal

soft drink* 10.25 each
alcoholic drink* 12.01 each

Add: One vegetable samosa and two onion bhajis (🌶🌶) (🌾) (295 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 (🌶) (5%) 542 kcal
Sliced chicken breast

Katsu Quorn™ nugget curry (🌶) (🌾) 638 kcal
Eight coated pieces

Katsu chicken curry (🌶) 828 kcal
Sliced whole breaded chicken breast fillet

soft drink* 11.37 each
alcoholic drink* 13.13 each

Curry Club®

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

soft drink* 11.14
alcoholic drink* 12.90

Jacket potatoes INCLUDES A DRINK*

With side salad and one filling. Extra fillings 1.40 each.

Tuna mayo 594 kcal
Coleslaw (V) 561 kcal
Cheese (V) 587 kcal
Baked beans (🌾) (5%) (HFSS 300) 484 kcal
Chilli bean non-carne (🌶) (🌾) (5%) (HFSS 300) 444 kcal
Roasted vegetables (🌾) (5%) (HFSS 300) 385 kcal

soft drink* 9.48 each
alcoholic drink* 11.24 each

Pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Freshly battered fish and chips Cod, peas 1251 kcal, mushy peas 1308 kcal or baked beans 1247 kcal	12.72	14.48
Whitby breaded scampi Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi	12.72	14.48

Add: Two slices of bread (V) (383 kcal) **1.44**
Chip shop-style curry sauce (🌾) (118 kcal) **1.56**

All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips **Add: Black pudding** (178 kcal) **80p**	9.99	11.75
Vegetarian all-day brunch (V) 992 kcal Two fried eggs, three vegan sausages, baked beans, chips	9.99	11.75
BBQ chicken melt 1132 kcal Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom, chips	12.72	14.48
NEW Steak & ale pudding Peas, onion & red wine gravy **Choose: Mashed potato** 957 kcal; **Chips** 1260 kcal	10.97	12.73
Bangers and mash 888 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	10.97	12.73
Vegetarian bangers and mash (V) 598 kcal Three vegan sausages, peas, onion & red wine gravy	10.97	12.73
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	10.38	12.14
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	10.08	11.84
Vegan sausages, chips and beans (🌾) 880 kcal Three vegan sausages	10.08	11.84
Chilli bean non-carne (🌶) (🌾) (5%) 629 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	10.97	12.73

Afternoon deal

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

soft drink* 9.92
alcoholic drink* 11.68

Small pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Small freshly battered fish and chips Cod, peas 687 kcal, mushy peas 744 kcal or baked beans 683 kcal	10.50	12.26
Small Whitby breaded scampi Chips, peas 629 kcal, mushy peas 686 kcal or baked beans 625 kcal. Four Whitby breaded scampi	10.50	12.26

Add: Two slices of bread (V) (383 kcal) **1.44**
Chip shop-style curry sauce (🌾) (118 kcal) **1.56**

Small Wiltshire cured ham, egg and chips (HFSS 300) 455 kcal One slice of Wiltshire cured ham, fried egg	9.27	11.03
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips **Add: Black pudding** (178 kcal) **80p**	8.68	10.44
Small vegetarian all-day brunch (V) 590 kcal Two vegan sausages, fried egg, baked beans, chips	8.68	10.44

Afternoon deal

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

soft drink* 8.74
alcoholic drink* 10.50

Adults need around 2000 kcal a day.[5]

11" pizzas INCLUDES A DRINK*

Sourdough base – proved, stretched, topped and freshly baked to order.

	soft drink*	alcoholic drink*
Margherita (V) 949 kcal Mozzarella, fresh basil	10.29	12.05
NEW Spicy chicken (🌶🌶🌶) 1374 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni (🌶🌶) 1111 kcal. Mozzarella, pepperoni		
Ham and mushroom 1025 kcal Mozzarella, ham, mushroom, rocket		
BBQ chicken 1111 kcal Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Roasted vegetable (V) 1044 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil		
Vegan roasted vegetable (🌾) (5%) 715 kcal Mushroom, roasted pepper, courgette, onion, fresh basil		
Spicy meat feast (🌶🌶🌶) 1201 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	12.63	14.39

soft drink* 11.46 each
alcoholic drink* 13.22 each

Additional toppings

Red onion (🌾) 10 kcal; **Sliced chillies** (🌶🌶🌶🌶🌶) (🌾) 3 kcal; **Mushroom** (🌾) 4 kcal — each **93p**
Garlic & herb dip (🌾) 301 kcal; **Mozzarella** (V) 164 kcal; **Ham** 71 kcal
Chicken breast 94 kcal; **Maple-cured bacon** 92 kcal — each **1.25**
Pepperoni (🌶🌶) 82 kcal; **Roasted vegetables** (🌾) 90 kcal — each **1.63**

Noodles, salads and pastas INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Ramen noodle bowl (🌶🌶) (🌾) (5%) (HFSS 300) 477 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth	9.29	11.05
Chicken & maple-cured bacon salad **Choose: Chicken breast** (HFSS 300) 384 kcal **Southern-fried chicken breast strips** (🌶) 566 kcal	10.99	12.75
Mediterranean salad (🌾) (HFSS 300) 349 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, pumpkin seeds, basil, dressing	9.99	11.75
Fried halloumi-style cheese & roasted vegetable salad (V) 607 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	9.99	11.75

Additional toppings:

Maple-cured bacon (91 kcal) — **1.62**
Tuna mayo (298 kcal) — **1.16**
Chicken breast (187 kcal) — **2.07**
Poached egg (V) (63 kcal) — **98p**
Roasted vegetables (🌾) (90 kcal) — **1.63**
Chilli bean non-carne (🌶) (🌾) (149 kcal) — **2.07**
Fried buttermilk chicken (473 kcal) — **2.07**
Spicy pulled chicken thigh (🌶) (249 kcal) — **3.09**

Pasta alfredo (V) 519 kcal — **11.47** / **13.23**
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**

British beef & pancetta lasagne — **12.02** / **13.78**
Choose: Side salad 814 kcal; **Chips** 1346 kcal

Sides and extras

Bowl of chips (🌾) 964 kcal — **3.99**
Small bowl of chips (🌾) 602 kcal — **2.49**
Five chicken wings (🌶🌶🌶) 445 kcal — **2.99**
Five chicken breast bites 161 kcal — **2.99**
Eight Whitby breaded scampi 464 kcal — **5.19**
Side salad (🌾) 111 kcal — **2.39**
Mediterranean side salad (🌾) 214 kcal — **3.32**
Roasted vegetables (🌾) 135 kcal — **1.63**
Onion & red wine gravy (🌾) 37 kcal — **99p**
Sliced chillies (🌶🌶🌶🌶🌶) (🌾) 3 kcal — **93p**
Peas (🌾) 133 kcal — **99p**
Onion rings (🌾) — **Six** 269 kcal **2.43**; **Twelve** 538 kcal **3.65**
Garlic pizza bread (V) — **8"** 389 kcal **5.13**; **11"** 778 kcal **6.29**
With cheese (V) — **8"** 479 kcal **5.72**; **11"** 958 kcal **7.17**
Coleslaw (V) 399 kcal **1.50**
Mushy peas (V) 248 kcal **99p**

MENU_6383