Desserts Millionaire's shortbread W (1888) 331 kcal Two vanilla ice cream scoops, shortbread biscuit. Belgian chocolate sauce, toffee sauce 3.26 Vanilla ice cream V 555 257 kcal Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch (V) (287 kcal 3.26 Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 500 397 kcal 4.42 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich V 600 347 kcal 4.42 Salted caramel filling, toffee sauce, vanilla ice cream 4.49 Fresh fruit and ice cream V 50 500 379 kcal Apple, banana, blueberries, strawberries, vanilla ice cream Salted caramel sticky toffee pudding **V** 799 kcal 8.63 7.06 Warm chocolate brownie V 697 kcal Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich **W** 601 kcal 7.06 Salted caramel filling, toffee sauce, 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 (a) (14 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 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

= 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

8.59	Eggs Benedict 756 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
6.99	Mushroom Benedict ♥ 667 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
4.99	Miner's Benedict 970 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	
4.99	Beans on toast ♥ 566 kcal Buttered white bloomer toast	
8.59	Vegan option available with vegan spread ⊚ ॐ 555 460 kcal Small beans on toast ♥ ॐ 555 252 kcal Buttered white bloomer toast	
6.99	Fresh fruit	
4.99	Fresh fruit and yoghurt 👽 🥸 📆 320 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
4.99	Porridge ♥ ॐ ॐ 253 kcal (plain) Add: Banana ⊘ (110 kcal) 60p; Strawberries ⊘ (14 kcal) 60p Blueberries ⊘ (17 kcal) 60p; Honey ♥ (152 kcal) 30p Sliced apple ⊘ (46 kcal) 60p	
	6.99 4.99 4.99 8.59 6.99	

Tea and toast

Includes tea, coffee or hot chocolate. Free refills with drink without drink Two slices of toast with jam or marmalade 3.49 2.99 458 kcal. White bloomer bread

Breakfast wraps

6.52 Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese Vegetarian breakfast wrap V 715 kcal 6.52 Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast deals

Di Cantast acais	
ncludes tea, coffee, hot chocolate (free refills") or a soft d Breakfast roll	rink. 4.69
hoose:	4.07
acon (555) 335 kcal; Sausage 540 kcal; Vegetarian sausage V (555) 347 kcal ried egg V (555) 260 kcal; Haggis (555) 450 kcal; Black pudding 559 kcal	
Egg & cheese muffin ♥ (555) 280 kcal ried egg, American-style cheese, in an English muffin	4.59
Egg & bacon muffin 🐝 346 kcal ried egg, bacon, American-style cheese, in an English muffin	4.79
gg & sausage muffin 📆 449 kcal ried egg, Lincolnshire sausage, American-style cheese, in an English muffin	4.79
Egg & vegetarian sausage muffin V 📆 352 kcal ried egg, vegan sausage, American-style cheese, in an English muffin	4.79
Breakfast muffin 514 kcal ried egg, Lincolnshire sausage, bacon, American-style cheese, n an English muffin	4.99
dd: Hash brown 🥑 (82 kcal) 51p	

Breakfast extras

Add any of the following:		
Black pudding 178 kcal	80p Hash brown @ 82 kcal	51p
Two back bacon rashers 131 kcal	1.67 Two mushrooms @ 94 kcal	98p
Lincolnshire sausage 168 kcal	1.15 Two tomato halves @ 16 kcal	57p
Vegan sausage @ 72 kcal	1.15 Hollandaise sauce 299 kcal	1.92
Fried egg V 56 kcal	98p Slice of toast ♥ 192 kcal	1.23
Poached egg V 63 kcal		98p
Two scrambled eggs V 136 kcal		1.73
Baked beans @ 126 kcal		98p
	Black pudding 178 kcal Two back bacon rashers 131 kcal Lincolnshire sausage 168 kcal Vegan sausage @ 72 kcal Fried egg © 56 kcal Poached egg © 63 kcal Two scrambled eggs © 136 kcal	Black pudding 178 kcal Two back bacon rashers 131 kcal Lincolnshire sausage 168 kcal Vegan sausage 72 kcal Fried egg 56 kcal Poached egg 63 kcal Two scrambled eggs 7136 kcal 80p Hash brown 682 kcal 1.67 Two mushrooms 994 kcal 1.15 Two tomato halves 16 kcal 1.15 Hollandaise sauce 299 kcal 98p Slice of toast 7192 kcal

-Tea. coffee and hot chocolate-



Flat white V 92 kcal Cappuccino V 102 kcal Latte V 113 kcal

Mocha V 147 kcal Espresso @ 6 kcal

Black coffee @ 6 kcal

White coffee 24 kcal Hot chocolate 169 kcal

with semi-skimmed milk **V** 14 kcal Dairy alternative: oat sachet @ 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

8.98

8.98

8.98

4.99

4.86

3.74

3.99

4.49

2.99

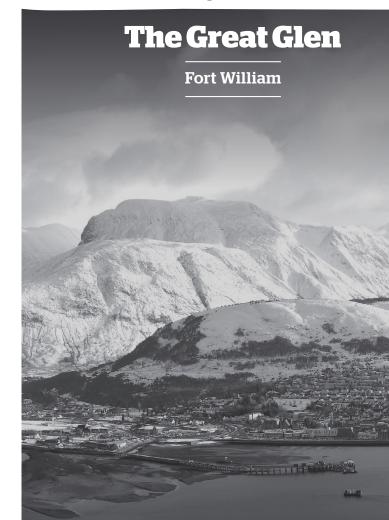
for the facts drinkaware.co.uk

idwetherspoon.com

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: jdwetherspoon.com "Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. ement of daily Calorie needs from the Department of Health & Social Care. **Excluding decaffeinated tea and decaffeinated coffee. **Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J2O and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines, Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).



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



Fort William lies at the southern end of the Great Glen, on the shores of Loch Linnhe, Scotland's longest sea loch. The town is the finishing point for the 154km West Highland Way. It's also at the start of the Great Glen Way – the long-distance footpath which passes through the Great Glen, following the Caledonian Canal and Loch Ness, northeast, to Inverness



製製 宣為 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



Food hygiene information scheme

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



Sustainable Restaurant Association

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



Sustainable fish The cod and haddock we serve come from fisheries as well-managed

which have been certified and sustainable fisheries.



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.



☐ 100% UK and Irish beef Traceable from farm to fork.





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

Scottish breakfast

£6.99

£1.71

Breakfast

8am - 12 noon

Tea. coffee and

hot chocolate

Free refills

Wings,

bites and strips

Mix and match

£2.99 each

2 for £5.49 | 3 for £7.49

Small plates

Mix and match

3 for £14.99

Deli Deals[®]

INCLUDES A DRINK'

Featuring southern-fried chicken wrap

just-a-wrap, without a drink

£8.87

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

Gourmet burger meals

Featuring NEW The Big Smoke burger

INCLUDES A DRINK'

Choose from over 150 drinks

INCLUDES A DRINK •

£10.05

soft drink*

£9.03

£13.99

alcoholic drink*

£11.81

alcoholic drink³

£10.79

alcoholic drink*

£15.75



Award-winning children's menu

Independently run 'secret diner' survey.





Adults need around 2000 kcal a day.§

Allergen and nutritional information can

website and Wetherspoon app

be found on the customer information screen,

Small plates 3 for £14.99 8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order. 7.42 Margherita V 555 475 kcal. Mozzarella, fresh basil 7.96 **Haggis** 602 kcal. Mozzarella, haggis, red onion NEW Spicy chicken 777 706 kcal 7.96 Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket 7.96 Pepperoni 🖊 556 kcal. Mozzarella, pepperoni Ham and mushroom 512 kcal. Mozzarella, ham, mushroom, rocket 7.96 BBQ chicken 562 kcal 7.96 Mozzarella, chicken breast, BBQ sauce, red onion, rocket Roasted vegetable V 522 kcal 7.96 Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil Vegan roasted vegetable @ 58 \$58 kcal 7.96 Mushroom, roasted pepper, courgette, onion, fresh basil 8.53 Spicy meat feast FFF 606 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket 6.41 11" garlic pizza bread V 778 kcal 4.49 Bowl of chips @ 964 kcal 5.79 Bowl of chips with curry sauce @ 1082 kcal Cheesy chips V 1256 kcal 5.99 6.29 NEW Shawarma-chicken-topped chips // 1387 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces 6.98 Halloumi-style fries FF V 558 kcal Chicken bites (500) 403 kcal 7.25 Ten battered chicken breast pieces. BBQ sauce Southern-fried chicken strips **5**47 kcal 7.19 Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze 7.94 Chicken wings **FFF** 1113 kcal Ten spicy chicken wings, Naga chilli sauce 6.82 Quorn[™] nuggets **//** ② SSSS 345 kcal Eight coated pieces, sweet chilli sauce

Wings, bites and strips

Mix and match Five chicken wings 445 kcal. Spicy chicken wings	2.99 each
Five chicken bites 555 161 kcal. Battered chicken breast pieces Three southern-fried chicken strips 7 556 kcal	2 for 5.49
Chicken breast strips Five Quorn™ nuggets	3 for 7.49
•••••	

Add: Sweet chilli sauce **FF (a)** (62 kcal) Naga chilli sauce **FFF** (a) (136 kcal): **BBQ** sauce (a) (83 kcal) Jack Daniel's[®] Tennessee Honey glaze **♥** (87 kcal) Chipotle mayo /// V (150 kcal); Blue cheese sauce V (270 kcal) Garlic & herb dip @ (301 kcal)

99p each

soft drink*

10.05

each

alcoholic drink*

11.81

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 8.87 each)

NEW Brunch wrap 741 kcal

Fried egg, bacon, Lincolnshire sausage, Cheddar cheese

NEW Vegetarian brunch wrap V 622 kcal

Two fried eggs, two yegan sausages. Cheddar cheese

Shawarma chicken **FFF** 712 kcal

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

tomato, onion, coriander, rocket

Quorn[™] nuggets / Ø 5555 490 kcal Salad leaves, tomato, cucumber, salsa

Southern-fried chicken **FFF** 623 kcal Salad leaves, smoky chipotle mayo

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

Paninis

Haggis and Cheddar cheese 675 kcal Cheddar cheese and tomato V 604 kcal

Wiltshire cured ham and Cheddar cheese 580 kcal

BBQ chicken, bacon and Cheddar cheese @ 576 kcal

Choose any 8" pizza from the small plates section.

Burgers includes a drink

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

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

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

American 529 kcal soft drink* 11.79 6oz beef patty alcoholic drink* 13.55 American cheese 597 kcal soft drink* 12.38

6oz beef patty, American-style cheese alcoholic drink* 14.14

With iceberg lettuce, tomato, red onion.

Plant-based patty, garlic & herb sauce

The classic burger 540 kcal soft drink* 6oz beef patty 11.79 Fried buttermilk chicken 460 kcal each Breaded whole chicken breast fillet alcoholic drink* 13.55 The plant burger @ 537 kcal

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 @ (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

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 soft drink* Pulled BBQ beef brisket, American-style cheese, 13.99 maple-cured bacon each Choose: Beef (6oz beef patty) 1170 kcal alcoholic drink Fried buttermilk chicken 1310 kcal 15.75

NEW Buffalo FFF 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

Caledonian burger 879 kcal 6oz beef patty, haggis, whisky sauce

and covered with BBQ sauce

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* 15.45 alcoholic drink* 17.21

each

soft drink*

9.83

each

alcoholic drink

11.59

Additional toppings 50p Sliced pickled gherkins @ 11 kcal 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 M 82 kcal American-style cheese V 69 kcal Maple-cured bacon 91 kcal Crunchy chicken strip / 92 kcal each 1.62

Additional burger patties 2.34 6oz beef patty 337 kcal Fried buttermilk chicken 473 kcal Fried halloumi-style cheese V 298 kcal each **2.07** Plant-based patty @ 152 kcal

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 58 866 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 52 712 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 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

Quorn™ 'no chicken' nuggets basket 🖊 🖤 Eight coated pieces, coleslaw, sweet chilli sauce

Choose: Side salad 520 kcal Spicy rice 657 kcal

Chips 1056 kcal

Chips 1282 kcal

CUITTIES INCLUDES A DRINK

Classic curries

With basmati pilau rice, plain naan and poppadums

Sweet potato, chickpea & spinach curry **//** @ 3 916 kcal Chicken tikka masala 📂 1036 kcal

soft drink* alcoholic drink* 13.95 15.71 each each

Beef Madras FFFF 1088 kcal

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

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 / 38 542 kcal Sliced chicken breast

Katsu Quorn[™] nugget curry **/ 6** 638 kcal Eight coated pieces

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

Curry Club®

Thursday 11.30am - 11pm Featuring chicken korma see Curry Club[®] menu for full range. soft drink* alcoholic drink* 12.60 14.36

soft drink*

12.84

each

alcoholic drink

14.60

each

soft drink*

11.22

alcoholic drink*

12.98

each

Jacket potatoes includes a drink of

With side salad and one filling. Extra fillings 1.32 each

Tuna mayo 594 kcal Coleslaw V 561 kcal Cheese V 587 kcal

Baked beans @ 500 500 484 kcal Roasted vegetables @ 538 kcal or baked beans 1247 kcal Whitby breaded scampi Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi

alcoholic drink 14.05

soft drink*

12.29

each

soft drink*

12.78

each

alcoholic drink* 14.54 each

Afternoon deal

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

Pub classics includes a drink

Freshly battered fish and chips

Haddock, peas 1251 kcal, mushy peas 1308 kcal

Add: Two slices of bread (2) (383 kcal) 1.44

All-day brunch 1245 kcal

Add: Black pudding (178 kcal) 80p

Three Lincolnshire sausages

Three vegan sausages

baked beans, chips

Chip shop-style curry sauce (2) (118 kcal) 1.56

Two fried eggs, bacon, two Lincolnshire sausages,

Vegetarian all-day brunch
992 kcal

Two slices of Wiltshire cured ham, two fried eggs

Sausages, chips and beans 1170 kcal

Two fried eggs, three vegan sausages, baked beans, chips

Vegan sausages, chips and beans @ 880 kcal

Wiltshire cured ham, eggs and chips 856 kcal 11.84

soft drink* alcoholic drink' 11.37 13.13

soft drink* alcoholic drink

15.95

15.95

15.29

15.29

13.60

13.30

13.30

14.19

14.19

13.53

13.53

11.54

11.54

Small pub classics INCLUDES A DRINK •

Small freshly battered fish and chips 10.79 12.55 Haddock, peas 687 kcal, mushy peas 744 kcal or baked beans 683 kcal

12.55 Small Whitby breaded scampi 10.79 Chips, peas 629 kcal, mushy peas 686 kcal or baked beans 625 kcal. Four Whithy breaded scampi Add: Two slices of bread (383 kcal) 1.44 Chip shop-style curry sauce (a) (118 kcal) 1.56

Small Wiltshire cured ham, 9.55 11.31 egg and chips (505) 455 kcal One slice of Wiltshire cured ham, fried egg

Afternoon deal

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

soft drink* alcoholic drink* 9.03 10.79

Sides and extras Bowl of chips @ 964 kcal

4.49 2.99 Small bowl of chips @ 602 kcal Five chicken wings 445 kcal 2.99 2.99 Five chicken breast bites 161 kcal Eight Whitby breaded scampi 464 kcal 5.19 Side salad @ 111 kcal 2.39 Roasted vegetables @ 135 kcal 1.63 Sliced chillies **FFFF** @ 3 kcal 93p Coleslaw **399** kcal **1.50** Peas 133 kcal 99p Mushy peas **248** kcal 99p Onion rings 🕖 Six 269 kcal 2.43 Twelve 538 kcal 3.65 Garlic pizza bread **V** 8" 389 kcal **5.30 11"** 778 kcal **6.41** With cheese 🕐 **8**" 479 kcal **5.85 11**" 958 kcal **7.25**

11" pizzas includes a drink •

Sourdough base - proved, stretched, topped and freshly baked to order. soft drink* alcoholic drink* Margherita V 949 kcal 13.08 14.84 Mozzarella, fresh basil Haggis 1204 kcal

soft drink

14.24

each

alcoholic drink*

16.00

each **1.25**

Mozzarella, haggis, red onion NEW Spicy chicken **FFF** 1374 kcal

Ham and mushroom 1025 kcal

Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket

Pepperoni // 1111 kcal Mozzarella, pepperon

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 @ 53 715 kcal Mushroom, roasted pepper, courgette, onion, fresh basil

Spicy meat feast 1201 kcal 15.41 17.17 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings Red onion 10 kcal Sliced chillies FFFF @ 3 kcal

each 93p Mushroom @ 4 kcal Garlic & herb dip ⊘ 301 kcal; Mozzarella ♥ 164 kcal

Ham 71 kcal; Chicken breast 94 kcal; Maple-cured bacon 92 kcal Pepperoni **FF** 82 kcal

Roasted vegetables @ 90 kcal each **1.63**

Noodles, salad and pastas INCLUDES A DRINK •

soft drink* alcoholic drink* Ramen noodle bowl **//** 38 585 477 kcal 11.29 13.05 Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth 11.75 Fried halloumi-style cheese 9.99 & 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) Tuna mayo (298 kcal) 1.63 **1.16 Roasted vegetables (90 kcal)** Chicken breast (187 kcal) 2.07 Fried buttermilk chicken (473 kcal) 2.07 3.09 Spicy pulled chicken thigh / (249 kcal)

Macaroni cheese V 1186 kcal. Chips 9.48 Add: Cheddar cheese (292 kcal) 1.62 Maple-cured bacon (92 kcal) 1.62 Pasta alfredo V 519 kcal 12.87

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 13.43 lasagne

Choose: Side salad 814 kcal Chips 1346 kcal

Adults need around 2000 kcal a day.§

11.24

14.63

15.19