### **Desserts** NEW Giant profiterole W (\$33 kcal Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry NEW Salted caramel sticky toffee pudding @ 877 kcal 6.54 Vanilla ice cream NEW Millionaire's shortbread V 609 kcal 2.83 Two vanilla ice cream scoops, shortbread biscuit. Belgian chocolate sauce, toffee sauce Vanilla ice cream V 555 334 kcal 2.48 Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch V 555 364 kcal 2.48 Two vanilla ice cream scoops, chocolate cookie. Belgian chocolate sauce Mini warm chocolate brownie V 6505 435 kcal 3.65 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich V 600 431 kcal 3.65 Salted caramel filling, toffee sauce, vanilla ice cream Fresh fruit V 5% 500 470 kcal 5.55 Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake V 909 kcal 6.29 Vanilla ice cream Warm chocolate brownie V 736 kcal 6.29 Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 727 kcal 6.29 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble **©** 673 kcal 6.59 Vanilla ice cream

Add: Vanilla ice cream scoop V (135 kcal) 99p; Toffee sauce V (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 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 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.§

# wetherspoon hotels

Over 50 hotels and 1.329 rooms across England, Ireland, Scotland and Wales.

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# BREAKFAST

7.59

5.99

3.99

3.99

7.59

5.99

3.99

3.99

1.99

6.89

6.89

6.89

3.99

3.99

2.99

1.99

3.99

4.49

51p

1.15

98p

98p

1.73

1.67

1.62

98p

57p

Hash brown @ 82 kcal

**Vegan sausage** 🕢 82 kcal

Baked beans @ 126 kcal

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.

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 a

Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, liqueurs, bombs, shots and any drink

98p Poached egg V 63 kcal

Large breakfast 1343 kcal

two hash browns, slice of toast

Traditional breakfast 807 kcal

Small breakfast 655 435 kcal

Add: Black pudding (178 kcal) 80p

Freedom breakfast 586 kcal

mushroom, tomato, two slices of toast

mushroom, tomato, slice of toast

Vegan breakfast @ 642 kcal

tomato, slice of toast, vegan spread

Sliced apple (46 kcal) 60p

Eggs Benedict 725 kcal

Hollandaise sauce, rocket

Hollandaise sauce rocket

Hollandaise sauce, rocket

Buttered white bloomer toast

Add any of the following:

Black pudding 178 kcal

Slice of toast 225 kcal

Two scrambled eggs V 136 kcal

Two mushrooms @ 100 kcal

Two rashers of back bacon 131 kgal

Two grilled tomato halves @ 16 kcal

Four rashers of maple-cured bacon 91 kcal

Fried egg V 56 kcal

Fresh fruit @ 588 (588) 200 kcal

Apple, banana, blueberries, strawberries

**Breakfast extras** 

Lincolnshire sausage 168 kcal 1.15

White bloomer bread

Miner's Benedict 939 kcal

Porridge V 59 555 252 kcal (plain)

Mushroom Benedict V 638 kcal

Scrambled egg on toast V 570 kcal

Small beans on toast V 59 555 252 kcal

Three eggs, buttered white bloomer toast

Vegetarian breakfast V 786 kcal

Two fried eggs, bacon, two Lincolnshire sausages, baked beans,

Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Two fried eggs, three vegan sausages, baked beans, three hash browns,

Two fried eggs, two vegan sausages, baked beans, two hash browns,

Small vegetarian breakfast V 29 kcal

Fried egg, vegan sausage, baked beans, hash brown, tomato

Two vegan sausages, baked beans, two hash browns, mushroom,

Add: Banana (110 kcal) 60p; Strawberries (27 kcal) 60p

Two poached eggs, on an English muffin, with Wiltshire cured ham,

**Blueberries ⊘** (17 kcal) **60p**; **Honey ♥** (91 kcal) **30p** 

Two poached eggs, on an English muffin, with mushroom,

Two poached eggs, on an English muffin, with black pudding.

Beans on toast V 🚳 566 kcal. Buttered white bloomer toast

NEW Vegan option available with vegan spread @ 5% (500) 460 kcal

Two slices of toast with jam or marmalade V 524 kcal

NEW Fresh fruit and yoghurt V 38 555 334 kcal

Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

1.23

three hash browns, mushroom, two slices of toast

Fried egg, bacon, Lincolnshire sausage, baked beans,

Large vegetarian breakfast V 1129 kcal

# **Breakfast butties and wraps**

<b>Bacon butty</b> 574 kcal Three rashers of bacon, buttered white bloomer bread	3.69
<b>Sausage butty</b> 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	3.69
Vegetarian sausage butty © 541 kcal Two vegan sausages, buttered white bloomer bread  NEW Vegan option available with vegan spread @ 30 135 kcal	3.69
<b>Breakfast wrap</b> 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.90
<b>Vegetarian breakfast wrap </b> ♥ 735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.90

### Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refil	ls°
<b>Egg &amp; cheese muffin ♥</b> (555) 249 kcal Fried egg, American-style cheese, in an English muffin	4.70
<b>Egg &amp; bacon muffin</b> 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.89
Egg & sausage muffin 6567 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	4.89
<b>Egg &amp; vegetarian sausage muffin ♥</b> 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	4.89
<b>Breakfast muffin</b> 3655 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	<b>4.99</b>

# -Tea, coffee and hot chocolate-

# FREE REFILLS

TEA, COFFEE AND **HOT CHOCOLATE** 

- ALL DAY EVERY DAY -







Flat white V 92 kcal Cappuccino V 102 kcal Latte 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal

Add: Hash brown @ (82 kcal) 51p

White coffee 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.

71p

1.64

SIMNOGRILLNOAD >

## **Biscuits**

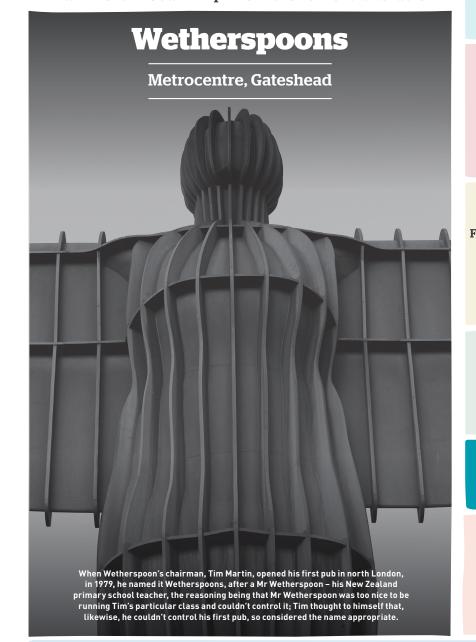
Walkers shortbread Belgian chocolate biscuit V 129 kcal

Stem ginger biscuit Salted caramel brownie bar V 316 kcal

for the facts 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

drinkaware.co.uk 4 idwetherspoon.com ≥

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



# **Breakfast**

9am - 12 noon

Traditional breakfast

£5.99

Tea, coffee and hot chocolate Free refills

£1.71

### **Deli Deals** INCLUDES A DRINK

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

£5.97

soft drink\*

alcoholic drink\* £7.15 £8.68

### **Burger meals** INCLUDES A DRINK

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

£8.49

£10.02

INCLUDES A DRINK • **Choose from over 150 drinks** 

# **Small plates**

Featuring halloumi-style fries. chicken wings and loaded chips

Any 3 for £14.99



# Table service

Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar. Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



100%

### **Food hygiene** We have been awarded

the maximum food hygiene rating of 5 in our pub.

100% UK and

From farms in the UK

and Ireland, prime beef

steaks matured for 28

days. Traceable from

Irish beef

farm to fork.



### iustainable fish

Free-range eggs

100% of the eggs we use are

certified with the British Lion

assured, ensuring the highest

standards of animal welfare.

quality mark and are RSPCA

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



Coffee
The freshly ground 100% Arabica Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms



### 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 be found on the customer information screen, website and Wetherspoon app.

Adults need around 2000 kcal a day.§







# all winters Awar 2 for 414 00

Small plates Any 3 for £14.99	
8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.	
Margherita V (506) 467 kcal. Mozzarella, basil	6.89
Pepperoni 🖊 575 kcal	7.48
Mozzarella, pepperoni	
Ham and mushroom 505 kcal	7.48
Mozzarella, ham, mushroom, rocket	
BBQ chicken 555 kcal	7.48
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable V 514 kcal	7.48
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	=
Vegan roasted vegetable 5 5 5 kcal	7.48
Mushroom, roasted pepper, courgette, onion, basil  Spicy meat feast /// 615 kcal	8.06
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	0.00
mozzaretta, nam, pepperom, cincken preast, suceu cintues, rocket	
11" garlic pizza bread V 772 kcal	7.13
Nachos ♥♥♥ ♥ 695 kcal	6.69
Cheese, guacamole, salsa, sour cream, sliced chillies	
Bowl of chips @ 964 kcal	4.49
Bowl of chips with curry sauce @ 1082 kcal	5.79
Cheesy chips V 1256 kcal	5.99
<b>Loaded chips</b> 1303 kcal. Cheese, maple-cured bacon, sour cream	6.29
With any of the small plates below, choose one dip:  Sweet chilli     37 kcal; Sticky soy    100 kcal; Naga chilli    136 kc  Jack Daniel's® Tennessee Honey glaze    87 kcal; Chipotle mayo    150  Blue cheese    270 kcal; BBQ sauce    83 kcal	cal
Halloumi-style fries V 555 396 kcal	7.08
Chicken bites 322 kcal. Ten battered chicken breast pieces	7.03
Southern-fried chicken strips / \$59 kcal Five chicken breast strips	6.80
Chicken wings  813 kcal. Ten spicy chicken wings	7.14

## Deli Deals Includes a Drink

Quorn<sup>™</sup> nuggets @ \$331 kcal. Eight coated pieces

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 5.97 each
Small shawarma chicken 7 502 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* <b>7.15</b>
Small Quorn <sup>™</sup> nuggets @ 555 310 kcal	each
Salad leaves, tomato, cucumber, salsa	alcoholic drink*
Small southern-fried chicken FFF (505) 399 kcal	8.68

Salad leaves, smoky chipotle mayo Small fried halloumi-style cheese // V 500 391 kcal Salad leaves, sweet chilli sauce, tomato, cucum Add: Small side salad (46 kcal); Small portion of chips (329 kcal) 1.13 each

NEW Shawarma chicken 777 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

**Quorn**<sup>™</sup> **nuggets** Ø 🚳 508 kcal. Tomato, cucumber, salsa

Southern-fried chicken /// 609 kcal Balad leaves, smoky chipotle mayo	soft drink*
Fried halloumi-style cheese 炉 👽 707 kcal Galad leaves, sweet chilli sauce, tomato, cucumber	<b>8.72</b> each
Paninis	alcoholic drink

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

rder. Traceable from farm to fork.

Beef burgers made with 100% British beef, freshly cooked to o				
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).				
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	soft drink* <b>8.49</b> each	alcoholic drink* 10.02 each		
Skinny beef burger 555 375 kcal lceberg lettuce, tomato, red onion, with a side salad, instead of chips				
American cheese burger 730 kcal soft drink* 9.07 American-style cheese, red onion, gherkin, ketchup, 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	soft drink* 10.74 each	alcoholic drink* 12.27 each		
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard  Soft drink* 11.33 alcoholic drink* 12.86				
Chicken burgers				

Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger 776 kcal soft drink\* 8.49 alcoholic drink\* 10.02 Two southern-fried chicken strips, iceberg lettuce, mayonnaise

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

Fried buttermilk chicken burger 1255 kcal soft drink\* 10.74 Breaded whole chicken breast fillet alcoholic drink\* 12.27

**Meat-free burgers** Served with chips (602 kcal, included in Calories below).

6.41

each

Beyond Burger<sup>™</sup> **1043** kcal BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce

soft drink\* alcoholic drink\* 10.74 each Fried halloumi-style cheese burger 🖊 🗸 1118 kcal. Sweet chilli sauce

12.27

each

coft drink\* alcoholic drink\*

15.60

# 11" pizzas includes a drink •

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

Margherita ♥ 934 kcal. Mozzarella, basil 11.72		Peri Lem
Pepperoni    1151 kcal Mozzarella, pepperoni	••••••	Char- Colest
<b>Ham and mushroom</b> 1011 kcal Mozzarella, ham, mushroom, rocket	soft drink*	Choos Side s Spicy
BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	each alcoholic drink*	Hot a
<b>Roasted vegetable ♥</b> 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	14.43 each	Colest
Vegan roasted vegetable  ◎ \$3709 kcal Mushroom, roasted pepper, courgette, onion, basil		Side s Spicy

Spicy meat feast **FFF** 1214 kcal 14.07 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

**Additional toppings** Red onion @ 10 kcal Sliced chillies Mushroom @ 4 kcal each 93p

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

Chicken breast 94 kcal Maple-cured bacon 91 kcal

each **1.25** Pepperoni **FF** 109 kcal Roasted vegetables @ 90 kcal each **1.63**  **Gourmet burgers** Served with chips, six onion rings (871 kcal, included in Calories below). **Ultimate burger** 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze soft drink\* Choose: Beef (two 3oz beef patties) 1567 kcal 12.95 Fried buttermilk chicken 1703 kcal each **BBQ** burger alcoholic drink\* Maple-cured bacon, Cheddar cheese, BBQ sauce

Choose: 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 soft drink\* 14.40 Three 3oz beef patties, American-style cheese, alcoholic drink\* 15.93 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

14.48

each

Just-a-burger

Served on its own, without chips or a drink. each 4.66 American burger 367 kcal

Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger 447 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 173 kcal 2.24 Maple-cured bacon with American-style cheese 160 kcal 2.24 Cheddar cheese V 82 kcal 1.62 American-style cheese **3** 69 kcal 1.62

Maple-cured bacon 91 kcal 1.62 Crunchy chicken strip / 92 kcal 1.60 3oz beef patty 168 kcal Fried buttermilk chicken 473 kcal each **2.07** Fried halloumi-style cheese V 298 kcal BEYOND MEAT patty @ 184 kcal

# INCLUDES A DRINK ...

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

i-peri char-grilled half chicken

mon and herb 🍠 soft drink\* r-grilled in a lemon & herb glaze slaw, garlic & herb dip 13.89 each salad 918 kcal; Mediterranean salad 1048 kcal alcoholic drink\* y rice 1059 kcal; Chips 1453 kcal 15.42 each and spicy 🖊 🧗 -grilled in a Naga chilli & citrus glaze slaw, Naga chilli dip 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 BBO sauce

Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal

Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice 58 763 kcal; Chips 1157 kcal

Southern-fried chicken strips basket / Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal

Quorn™ 'no chicken' nuggets basket **// v** Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

# Small pub classics includes a drink ...

Fish and chips	soft drink*	alcoholic drink*	
Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	10.90	12.43	
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	10.90	12.43	
Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56			
Small Wiltshire cured ham, egg and chips 655 455 kcal One slice of Wiltshire cured ham, fried egg	9.68	11.21	
<b>Small all-day brunch</b> 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips	9.67	11.20	
Add: Black pudding (178 kcal) <b>80 p</b>			
<b>Small vegetarian all-day brunch  ♥</b> 611 kcal Two vegan sausages, fried egg, baked beans, chips	9.67	11.20	

## 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	13.13	14.66
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	13.13	14.66
Add: Two slices of bread (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56		
<b>All-day brunch</b> 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips	12.47	14.00
Add: Black pudding (178 kcal) <b>80 p</b>		
Vegetarian all-day brunch ♥ 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	12.47	14.00
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	10.79	12.32
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	10.49	12.02
Vegan sausages, chips and beans   ◎ 910 kcal Three vegan sausages	10.49	12.02
NEW Chilli bean non-carne 🗗 @ 🚳 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	11.37	12.90

### Jacket potatoes includes a drink |

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

Coleslaw V 559 kcal

soft drink\*

11.72

each

alcoholic drink

13.25

each

soft drink\* Cheese V 512 kcal 9.88 each Baked beans @ 5% 555 482 kcal alcoholic drink\* Chilli bean non-carne / @ 53 (535) 442 kcal 11.41 each

Roasted vegetables @ 5% 556 383 kcal

Adults need around 2000 kcal a day.§

### INCLUDES A DRINK ...

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

Mangalorean roasted cauliflower

& spinach curry // @ 59 927 kcal soft drink\* alcoholic drink\* Chicken tikka masala ## 1190 kcal

Chicken jalfrezi PPP 93 935 kcal

Beef Madras /// 1043 kcal

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

Add: One vegetable samosa and two onion bhajis // @ (293 kcal) 1.86 Two plain poppadums @ (86 kcal) 52p

 ${\color{red}\textbf{Katsu curries}} \ \textbf{With a mild Japanese-style katsu curry sauce,}$ coconut-flavour rice, sliced chillies and coriander

Katsu grilled chicken curry 53 542 kcal Sliced chicken breast

Katsu Quorn™ nugget curry @ 686 kcal Eight coated pieces

soft drink\* alcoholic drink\* 11.79 each

12.90

each

14.43

13.32

each

Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

### Noodles, salads and pastas INCLUDES A DRINK •

INCECEDED ITEMINITY (		
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 V (63 kcal) 98p	soft drink* 9.29	alcoholic drink* 10.82
Chicken & maple-cured bacon salad Choose: Chicken breast 555 283 kcal Southern-fried chicken breast strips 556 465 kcal	10.99	12.52
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	9.99	11.52
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	11.85	13.38
British beef & pancetta lasagne Choose: Side salad 761 kcal; Chips 1295 kcal	12.42	13.95

# Sides and extras

8" garlic pizza bread with cheese V 473 kcal

11" garlic pizza bread with cheese V 922 kcal

11" garlic pizza bread V 772 kcal

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 39p)	4.49
Small bowl of chips @ 602 kcal	2.99
Five chicken wings <b>FFF</b> 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 V 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 onion rings @ 269 kcal	2.43
Twelve onion rings @ 538 kcal	3.65
8" garlic pizza bread 👽 386 kcal	5.95

95 6.53 7.13

8.00