Sides and extras

Bowl of chips (Vg) 964 kcal (**Add: Spicy seasoning** (Vg) (7 kcal) 39p)		3.99
Small bowl of chips (Vg) 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
Grilled halloumi-style cheese (V) 447 kcal		2.07
Peas (Vg) 133 kcal		99p
Mushy peas (V) 248 kcal		99p
Side salad (Vg) 91 kcal		2.39
Mediterranean side salad (Vg) 198 kcal		3.32
Roasted vegetables (Vg) 135 kcal		1.63
Coleslaw (V) 399 kcal		1.50
Sliced chillies (🌶🌶🌶🌶🌶) (Vg) 3 kcal		93p
Chicken gravy 50 kcal		99p
Onion rings (Vg)	Six 269 kcal 2.43	Twelve 538 kcal 3.65
Garlic pizza bread (V)	8" 386 kcal 4.55	11" 772 kcal 5.72
With cheese (V)	8" 473 kcal 5.13	11" 922 kcal 6.59

Desserts

NEW **Salted caramel sticky toffee pudding** (V) Vanilla ice cream 877 kcal or custard 741 kcal	5.14
NEW **Millionaire's shortbread** (V) (Under 500) 409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.32
Vanilla ice cream (V) (Under 500) 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.97
Cookie crunch (V) (Under 500) 364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.97
Mini warm chocolate brownie (V) (Under 500) 435 kcal Belgian chocolate sauce, vanilla ice cream	3.13
Mini warm cookie dough sandwich (V) (Under 500) 431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.13
Mini American-style pancakes (V) (Under 500) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.69
Fresh fruit (V) (5%) (Under 500) 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.71
Warm chocolate fudge cake (V) 909 kcal. Vanilla ice cream	5.48
Warm chocolate brownie (V) 736 kcal Belgian chocolate sauce, vanilla ice cream	5.48
Warm cookie dough sandwich (V) 727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.48
British Bramley apple crumble (V) Vanilla ice cream 673 kcal or custard (5%) 537 kcal	5.77
American-style pancakes (V) (5%) 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.14

Add: Custard (V) (134 kcal) **1.33**; **Vanilla ice cream scoop** (V) (135 kcal) **99p**
Belgian chocolate sauce (Vg) (61 kcal) **47p**; **Toffee sauce** (V) (66 kcal) **47p**
Banana (Vg) (110 kcal) **60p**; **Strawberries** (Vg) (27 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
Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

BREAKFAST

Served 8am – 12 noon

Large breakfast 1343 kcal **6.59**
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 807 kcal **4.99**
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

Small breakfast (Under 500) 435 kcal **2.99**
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

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

Freedom breakfast 586 kcal **2.99**
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Large vegetarian breakfast (V) 1129 kcal **6.59**
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast (V) 786 kcal **4.99**
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast

Small vegetarian breakfast (V) (5%) (Under 500) 291 kcal **2.99**
Fried egg, vegan sausage, baked beans, hash brown, tomato

Vegan breakfast (Vg) 642 kcal **2.99**
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

American breakfast 1258 kcal **7.00**
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup

Small American breakfast 629 kcal **5.14**
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup

Porridge (V) (5%) (Under 500) 252 kcal (plain) **1.99**
Add: Banana (Vg) (110 kcal) **60p**; **Maple-flavour syrup** (Vg) (125 kcal) **30p**
Strawberries (Vg) (27 kcal) **60p**; **Blueberries** (Vg) (17 kcal) **60p**
Honey (V) (91 kcal) **30p**; **Sliced apple** (Vg) (46 kcal) **60p**

Tea and toast

Includes tea, coffee or hot chocolate. Free refills□

	with drink	without drink
Two slices of toast with jam or marmalade (V) 524 kcal. White bloomer bread	2.49	1.99

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread **2.69**

Sausage butty 714 kcal. Two Lincolnshire sausages, buttered white bloomer bread **2.69**

Vegetarian sausage butty (V) 541 kcal **2.69**
Two vegan sausages, buttered white bloomer bread
Vegan option available with vegan spread (Vg) (5%) (Under 500) 435 kcal

Breakfast wrap 724 kcal **4.51**
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap (V) 735 kcal **4.51**
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast muffin deal

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

Egg & cheese muffin (V) (Under 500) 249 kcal **3.31**
Fried egg, American-style cheese, in an English muffin

Egg & bacon muffin (Under 500) 314 kcal **3.77**
Fried egg, bacon, American-style cheese, in an English muffin

Egg & sausage muffin (Under 500) 417 kcal **3.77**
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin

Egg & vegetarian sausage muffin (V) (Under 500) 330 kcal **3.77**
Fried egg, vegan sausage, American-style cheese, in an English muffin

Breakfast muffin (Under 500) 482 kcal **3.99**
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

Smashed avocado muffin (Vg) (5%) (Under 500) 271 kcal **3.99**
Guacamole, pico de gallo, on an English muffin, rocket

Add: Maple-cured bacon (91 kcal) **1.62**; **Poached egg** (V) (63 kcal) **98p**
Grilled halloumi-style cheese (V) (447 kcal) **2.07**

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

NEW **Fiesta brunch** (🌶) (V) 659 kcal **4.03**
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa

Eggs Benedict 725 kcal **5.29**
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict (V) 638 kcal **5.29**
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 939 kcal **5.29**
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

American-style pancakes
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. (V) (5%) 708 kcal **5.14**
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal **5.14**
Four pancakes, maple-flavour syrup. (V) (5%) 554 kcal **4.45**

Small American-style pancakes
Two pancakes, maple-cured bacon, maple-flavour syrup. (Under 500) 322 kcal **3.69**
Two pancakes, maple-flavour syrup. (V) (5%) (Under 500) 277 kcal **3.40**

Scrambled egg on toast (V) 570 kcal **2.99**
Three eggs, buttered white bloomer toast

Beans on toast (V) (5%) 566 kcal. Buttered white bloomer toast **2.99**
NEW **Vegan option available with vegan spread** (Vg) (5%) (Under 500) 460 kcal

Small beans on toast (V) (5%) (Under 500) 252 kcal **2.49**
Buttered white bloomer toast

Two slices of toast with jam or marmalade (V) 524 kcal **1.99**
White bloomer bread

Fresh fruit (Vg) (5%) (Under 500) 200 kcal **2.99**
Apple, banana, blueberries, strawberries

NEW **Fresh fruit and yoghurt** (V) (5%) (Under 500) 334 kcal **3.49**
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Breakfast extras

Add any of the following:

Black pudding 178 kcal	80p	**Hash brown** (Vg) 82 kcal	51p
Lincolnshire sausage 168 kcal	1.15	**Vegan sausage** (Vg) 82 kcal	1.15
Slice of toast (V) 225 kcal	1.23	**Baked beans** (Vg) 126 kcal	98p
Fried egg (V) 56 kcal	98p	**Poached egg** (V) 63 kcal	98p
Two mushrooms (Vg) 100 kcal			98p
Two scrambled eggs (V) 136 kcal			1.73
Two rashers of back bacon 131 kcal			1.67
Two grilled tomato halves (Vg) 16 kcal			57p
Four rashers of maple-cured bacon 91 kcal			1.62
Grilled halloumi-style cheese (V) 447 kcal			2.07

Tea, coffee and hot chocolate

FREE REFILLS□
TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —
LAVAZZA TORINO, ITALIA, 1895 · 100% ARABICA BEANS · RAINFOREST ALLIANCE CERTIFIED
£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 **71p**
Stem ginger biscuit (V) 123 kcal **71p**
Belgian chocolate biscuit (V) 129 kcal **71p**
Salted caramel brownie bar (V) 316 kcal **1.64**

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 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 all free houses, except Northern Ireland (35ml). ***Choose from:** Diet Pepsi, Pepsi, Pepsi Max or Pepsi Max cherry (398ml glass); apple, cranberry or orange juice (398ml glass); apple & mango, apple & raspberry or orange & passion fruit J2O; Brecon Carreg natural mineral water (still/sparkling 500ml bottle), blackcurrant, lime or orange standard cordial (398ml glass); blood orange or lemon Sanpellegrino (330ml can); Passion Fruit Cooler or Raspberry Refresher 0% cocktail (215ml glass); Monster Energy, Energy Ultra, Energy Ultra Peachy Keen, Energy Ultra Rosá, Mango Loco or Pipeline Punch (500ml can); Old Jamaica ginger beer (330ml can); R White's raspberry lemonade (330ml can); Remedy kombucha raspberry lemonade (250ml can)

STD MENU_6620

FOOD

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

The Red Lion

Thetford

This was designated a grade II listed building in 1971, when it was described as a two-storey building of 'cut flint' with a 'brick front under a slate roof' ... 'built by order of the town council in 1837, restored 1960', with a 'two-storey wing that runs down Well Street'. In 1837, the licensee was Frances Tyler. However, there must have been an earlier Red Lion, as Frances Tyler was also the licensee of The Red Lion in 1836, preceded by John Tyler in 1830 and Robert Manby in 1791.

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

Breakfast 8am – 12 noon — Traditional breakfast **£4.99**

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

Deli Deals®

INCLUDES A DRINK*
Featuring NEW small southern-fried chicken wrap
just-a-wrap, without a drink **£3.23**
soft drink* **£4.41** | alcoholic drink* **£5.94**

Burger meals

INCLUDES A DRINK*
Featuring 3oz American burger
soft drink* **£5.74** | alcoholic drink* **£7.27**

Afternoon deals

INCLUDES A DRINK*
Mon – Fri, 2pm – 5pm
Featuring small freshly battered fish and chips
soft drink* **£6.39** | alcoholic drink* **£7.92**

Steak Club®

INCLUDES A DRINK*
Tuesday 11.30am – 11pm
Featuring classic 8oz sirloin
soft drink* **£9.97** | alcoholic drink* **£11.50**

Curry Club®

INCLUDES A DRINK*
Thursday 11.30am – 11pm
Featuring the katsu curry range
soft drink* **£8.21** | alcoholic drink* **£9.74**

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 our pub.

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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

LAVAZZA TORINO, ITALIA, 1895 · 100% ARABICA BEANS

Coffee
The freshly ground 100% Arabica Lavazza coffee‡‡ we serve is from Rainforest Alliance-certified farms.

OUT TO LUNCH Soil Association

Award-winning children's menu
Independently run 'secret diner' survey.

100% UK AND IRISH BEEF

100% UK and Irish beef
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.

RSPCA ASSURED CERTIFICATION MARK

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.

FOOD MAKE 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'.

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 | Any 3 for £14.99

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

Margherita (V) (UNDER 500) 467 kcal. Mozzarella, basil — 6.06
Pepperoni 575 kcal. Mozzarella, pepperoni — 6.66
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket — 6.66
BBQ chicken 555 kcal
Mozzarella, BBQ sauce, chicken breast, red onion, rocket — 6.66
Roasted vegetable (V) 514 kcal
Mozzarella, mushroom, roasted pepper, courgette, onion, basil — 6.66
Vegan roasted vegetable (Veganuary) (5%) (UNDER 500) 355 kcal
Mushroom, roasted pepper, courgette, onion, basil — 6.66
Spicy meat feast 615 kcal
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket — 7.24

NEW **Char-grilled halloumi-style cheese** (V) 514 kcal — 5.11
Rocket, roasted pepper, courgette, onion, salsa
11" garlic pizza bread (V) 772 kcal — 5.72
Nachos (V) 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies — 5.96
Bowl of chips (Veganuary) 964 kcal — 3.99
Bowl of chips with curry sauce (Veganuary) 1082 kcal — 5.29
Cheesy chips (V) 1256 kcal — 5.49
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream — 5.79
Tomato & basil soup (V) (5%) (UNDER 500) 374 kcal. White bloomer bread — 4.38
NEW **Vegan option available with vegan spread** (Veganuary) (5%) (UNDER 500) 285 kcal

With any of the small plates below, choose one dip:
Sweet chilli (Veganuary) 37 kcal; **Sticky soy** (V) 100 kcal; **Naga chilli** (Veganuary) 136 kcal
Jack Daniel's® Tennessee Honey glaze (V) 87 kcal; **Chipotle mayo** (V) 150 kcal
Blue cheese (V) 270 kcal; **BBQ sauce** (Veganuary) 83 kcal

Halloumi-style fries (V) (UNDER 500) 396 kcal — 5.11
Chicken bites (UNDER 500) 322 kcal. Ten battered chicken breast pieces — 6.24
Southern-fried chicken strips (UNDER 500) 459 kcal. Five chicken breast strips — 6.24
Chicken wings 813 kcal. Ten spicy chicken wings — 6.90
Quorn™ nuggets (Veganuary) (UNDER 500) 331 kcal. Eight coated pieces — 5.34

Deli Deals® INCLUDES A DRINK*

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
Small vegetarian brunch wrap (V) 545 kcal
Fried egg, two vegan sausages, Cheddar cheese
Small shawarma chicken 502 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint
Small Quorn™ nuggets (Veganuary) (UNDER 500) 310 kcal
Salad leaves, tomato, cucumber, salsa
Small southern-fried chicken (UNDER 500) 399 kcal
Salad leaves, smoky chipotle mayo
Small cold chicken breast (5%) (UNDER 500) 277 kcal
Salad leaves, sweet chilli sauce
Small fried halloumi-style cheese (V) (UNDER 500) 391 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber
Add: Small side salad (Veganuary) (46 kcal); **Small portion of chips** (Veganuary) (329 kcal) **1.13** each

just-a-wrap, without a drink **3.23** each

soft drink* **4.41** each
alcoholic drink* **5.94** each

12" wraps
NEW **Shawarma chicken** 719 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint
Quorn™ nuggets (Veganuary) (5%) 508 kcal. Tomato, cucumber, salsa
Southern-fried chicken 609 kcal
Salad leaves, smoky chipotle mayo
Cold chicken breast (5%) 479 kcal
Salad leaves, sweet chilli sauce
Fried halloumi-style cheese (V) 707 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

soft drink* **6.00** each
alcoholic drink* **7.53** each

Paninis
Tuna mayo and Cheddar cheese 590 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 (Veganuary) (91 kcal); **Tomato & basil soup** (Veganuary) (150 kcal)
Spicy rice (Veganuary) (208 kcal); **Chips** (Veganuary) (602 kcal) **1.54** each

Adults need around 2000 kcal a day.§

Burgers INCLUDES A DRINK*

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

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
Skinny beef burger (UNDER 500) 375 kcal
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

soft drink* **5.74** each
alcoholic drink* **7.27** each

American cheese burger 730 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard

soft drink* **6.34**
alcoholic drink* **7.87**

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

soft drink* **8.60**
alcoholic 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
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

soft drink* **5.74**
alcoholic drink* **7.27**

Served with chips (602 kcal, included in Calories below).
Fried buttermilk chicken burger 1255 kcal
Breaded whole chicken breast fillet
Char-grilled chicken breast burger 970 kcal
Skinny chicken burger (5%) (UNDER 500) 394 kcal
Char-grilled chicken breast, with a side salad, instead of chips

soft drink* **8.03** each
alcoholic drink* **9.56** each

Meat-free burgers
Served with chips (602 kcal, included in Calories below).
Beyond Burger™ (Veganuary) 1043 kcal
BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce
Breaded vegetable burger (V) 1039 kcal
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese
Fried halloumi-style cheese burger (V) 1118 kcal. Sweet chilli sauce

soft drink* **8.03** each
alcoholic drink* **9.56** each

Just-a-burger
Served on its own, without chips or a drink. each **3.51**
American burger (UNDER 500) 367 kcal
Red onion, gherkin, ketchup, American-style mustard
Crunchy chicken strip burger (UNDER 500) 447 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

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
Choose: Beef (two 3oz beef patties) 1567 kcal
Char-grilled chicken breast 1417 kcal
Fried buttermilk chicken 1703 kcal
BBQ burger
Maple-cured bacon, Cheddar cheese, BBQ sauce
Choose: Beef (two 3oz beef patties) 1644 kcal
Char-grilled chicken breast 1494 kcal
Fried buttermilk chicken 1780 kcal
Heatwave burger
Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing
Choose: Char-grilled chicken breast 1722 kcal
Fried buttermilk chicken 2007 kcal
Fiesta burger (Veganuary) 1380 kcal
BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

soft drink* **10.23** each
alcoholic drink* **11.76** each

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

soft drink* **11.68**
alcoholic drink* **13.21**

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 (V) 69 kcal	1.62
Maple-cured bacon 91 kcal	1.62
Crunchy chicken strip 92 kcal	1.60
3oz beef patty 168 kcal	
Char-grilled chicken breast 187 kcal	
Fried buttermilk chicken 473 kcal	each 2.07
Breaded vegetable patty (V) 257 kcal	
Fried halloumi-style cheese (V) 298 kcal	
BEYOND MEAT **patty** (Veganuary) 184 kcal	

Curries INCLUDES A DRINK*

Classic curries With basmati pilau rice, plain naan and poppadums.
Mangalorean roasted cauliflower & spinach curry (Veganuary) (5%) 927 kcal
Chicken tikka masala 1190 kcal
Chicken jalfrezi (5%) 935 kcal
Beef Madras 1043 kcal

soft drink* **10.14** each
alcoholic drink* **11.67** each

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

Simple curries With basmati pilau rice or chips.
Simple Mangalorean roasted cauliflower & spinach curry (Veganuary)
Choose: Basmati pilau rice (5%) 568 kcal; **Chips** 970 kcal
Simple chicken tikka masala
Choose: Basmati pilau rice 830 kcal; **Chips** 1232 kcal
Simple chicken jalfrezi
Choose: Basmati pilau rice (5%) 575 kcal; **Chips** 977 kcal
Simple beef Madras
Choose: Basmati pilau rice 684 kcal; **Chips** 1086 kcal

soft drink* **7.92** each
alcoholic drink* **9.45** each

Add: One vegetable samosa and two onion bhajis (Veganuary) (293 kcal) **1.86**
Two plain poppadums (Veganuary) (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 char-grilled chicken breast
Katsu Quorn™ nugget curry (Veganuary) 686 kcal
Eight coated pieces
Katsu chicken curry 828 kcal
Sliced whole breaded chicken breast fillet

soft drink* **9.03** each
alcoholic drink* **10.56** each

Chicken 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
Choose: Side salad 918 kcal; **Mediterranean salad** 1048 kcal
Spicy rice 1059 kcal; **Mashed potato** 1137 kcal; **Chips** 1453 kcal
Hot and spicy 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; **Mashed potato** 1107 kcal; **Chips** 1423 kcal
Char-grilled half chicken, mash and gravy 818 kcal
Lemon & herb chicken, peas, chicken gravy

soft drink* **11.13** each
alcoholic drink* **12.66** each

Chicken baskets
Chicken wing basket Eight wings, coleslaw, Naga chilli dip
Choose: Side salad 987 kcal; **Spicy rice** 1127 kcal; **Chips** 1522 kcal
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** (5%) 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

soft drink* **8.98** each
alcoholic drink* **11.67** each

Add: Chicken gravy (50 kcal) **99p**

11" pizzas INCLUDES A DRINK*

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

	soft drink*	alcoholic drink*
Margherita (V) 934 kcal. Mozzarella, basil	8.98	10.51
Pepperoni 1151 kcal. Mozzarella, pepperoni		
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket		
BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		
Roasted vegetable (V) 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Vegan roasted vegetable (Veganuary) (5%) 709 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	11.32	12.85

soft drink* **10.14** each
alcoholic drink* **11.67** each

Additional toppings
Red onion (Veganuary) 10 kcal; **Sliced chillies** (Veganuary) 3 kcal; **Mushroom** (Veganuary) 4 kcal — each **93p**
Garlic & herb dip (Veganuary) 180 kcal; **Mozzarella** (V) 150 kcal; **Ham** 71 kcal
Chicken breast 94 kcal; **Maple-cured bacon** 91 kcal — each **1.25**
Pepperoni 109 kcal; **Roasted vegetables** (Veganuary) 90 kcal — each **1.63**

Small pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Fish and chips		
Small freshly battered cod and chips (MSC)	8.14	9.67
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 (V) (404 kcal) **1.44**		
Chip shop-style curry sauce (Veganuary) (118 kcal) **1.56**		
Small Wiltshire cured ham, egg and chips (UNDER 500) 455 kcal One slice of Wiltshire cured ham, fried egg	6.91	8.44
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips **Add: Black pudding** (178 kcal) **80p**	6.91	8.44
Small vegetarian all-day brunch (V) 611 kcal Two vegan sausages, fried egg, baked beans, chips	6.91	8.44

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above small pub classic meals.
soft drink* **6.39**
alcoholic drink* **7.92**

Pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Fish and chips		
Freshly battered cod and chips (MSC) 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 (V) (404 kcal) **1.44**		
Chip shop-style curry sauce (Veganuary) (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**	9.72	11.25
Vegetarian all-day brunch (V) 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	9.72	11.25
Steak & kidney pudding Peas, onion & red wine gravy **Choose: Mashed potato** 963 kcal; **Chips** 1279 kcal	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 (V) 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 (Veganuary) 910 kcal Three vegan sausages	7.73	9.26
NEW **Chilli bean non-carne** (Veganuary) (5%) 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	8.62	10.15

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above pub classic meals.
soft drink* **7.57**
alcoholic drink* **9.10**

Steaks and grills INCLUDES A DRINK*

From farms in the UK and Ireland, prime beef steaks (traceable from farm to fork), matured for 28 days, seasoned with a steak-seasoning blend and freshly cooked to your liking.

Classic 8oz sirloin steak
Choose: Side salad 526 kcal
Mediterranean salad 657 kcal; **Jacket potato** 774 kcal
Mashed potato 745 kcal; **Chips** 1061 kcal

soft drink* **11.55** each
alcoholic drink* **13.08** each

Gourmet 8oz sirloin steak
Peas, tomato, mushroom, three onion rings, steak sauce
Choose: Side salad 785 kcal
Mediterranean salad 915 kcal; **Jacket potato** 1032 kcal
Mashed potato 1003 kcal; **Chips** 1320 kcal

soft drink* **13.89** each
alcoholic drink* **15.42** each

Add your choice of steak sauce: **Creamy peppercorn sauce** (74 kcal)
Jack Daniel's® Tennessee Honey glaze (V) (87 kcal) **1.92** each

Below meals are served with peas, tomato and mushroom.

	soft drink*	alcoholic drink*
BBQ chicken melt Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce **Choose: Side salad** (5%) 609 kcal; **Mediterranean salad** 739 kcal **Jacket potato** (5%) 856 kcal; **Mashed potato** 827 kcal; **Chips** 1143 kcal	10.38	11.91
5oz gammon and egg **Choose: Side salad** (5%) (UNDER 500) 402 kcal; **Mediterranean salad** 532 kcal **Jacket potato** (5%) 649 kcal; **Mashed potato** 620 kcal; **Chips** 936 kcal	9.03	10.56
10oz gammon and eggs **Choose: Side salad** 611 kcal; **Mediterranean salad** 741 kcal **Jacket potato** 858 kcal; **Mashed potato** 829 kcal; **Chips** 1146 kcal	12.19	13.72
Mixed grill Gammon, pork loin, rump, lamb, Lincolnshire sausage **Choose: Side salad** 984 kcal; **Mediterranean salad** 1114 kcal **Jacket potato** 1231 kcal; **Mashed potato** 1202 kcal; **Chips** 1519 kcal	12.19	13.72
Large mixed grill Gammon, pork loin, rump, lamb, two Lincolnshire sausages, fried egg, six onion rings **Choose: Side salad** 1477 kcal; **Mediterranean salad** 1607 kcal **Jacket potato** 1724 kcal; **Mashed potato** 1696 kcal; **Chips** 2012 kcal	13.95	15.48

Noodles, salads and pastas INCLUDES A DRINK*

	soft drink*	alcoholic drink*
NEW **Ramen noodle bowl** (Veganuary) (5%) (UNDER 500) 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth **Add: Char-grilled chicken breast** (93 kcal) **1.25**; **Poached egg** (V) (63 kcal) **98p**	7.29	8.82
Chicken & maple-cured bacon salad **Choose: Char-grilled chicken breast** (UNDER 500) 283 kcal **Southern-fried chicken breast strips** (UNDER 500) 465 kcal	8.99	10.52
Mediterranean salad (Veganuary) (UNDER 500) 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing **Add: Grilled halloumi-style cheese** (V) (447 kcal) **2.07** **Tuna mayo** (298 kcal) **1.16**; **Roasted vegetables** (Veganuary) (90 kcal) **1.63** **Char-grilled chicken breast** (187 kcal) **2.07**	7.99	9.52
Grilled halloumi-style cheese & roasted vegetable salad (V) (UNDER 500) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	7.99	9.52
Burrito salad bowl (V) 668 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies **Add: Char-grilled chicken breast** (187 kcal) **2.07** **Chilli bean non-carne** (Veganuary) (149 kcal) **2.07**	7.99	9.52
Pasta alfredo (V) 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket **Add: Char-grilled 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

Jacket potatoes INCLUDES A DRINK*

With side salad and one filling. Extra fillings 1.40 each.
Tuna mayo 592 kcal; **Coleslaw** (V) 559 kcal
Cheese (V) 512 kcal
Baked beans (Veganuary) (5%) (UNDER 500) 482 kcal
Chilli bean non-carne (Veganuary) (5%) (UNDER 500) 442 kcal
Roasted vegetables (Veganuary) (5%) (UNDER 500) 383 kcal

soft drink* **7.15** each
alcoholic drink* **8.68** each

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