





















Desserts

|  |      |
|--|------|
| <b>Salted caramel sticky toffee pudding</b>  877 kcal<br>Vanilla ice cream   | 5.72 |
| <b>Millionaire's shortbread</b>   409 kcal<br>Two vanilla ice cream scoops, shortbread biscuit,<br>Belgian chocolate sauce, toffee sauce                                       | 2.32 |
| <b>Vanilla ice cream</b>   334 kcal<br>Two scoops, toffee sauce, Belgian chocolate sauce   | 1.97 |
| <b>Cookie crunch</b>   364 kcal<br>Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce   | 1.97 |
| <b>Mini warm chocolate brownie</b>   435 kcal<br>Belgian chocolate sauce, vanilla ice cream  | 3.13 |
| <b>Mini warm cookie dough sandwich</b>   431 kcal<br>Salted caramel filling, toffee sauce, vanilla ice cream   | 3.13 |
| <b>Fresh fruit</b>    470 kcal<br>Apple, banana, blueberries, strawberries, vanilla ice cream | 4.71 |
| <b>Warm chocolate fudge cake</b>  909 kcal<br>Vanilla ice cream   | 5.48 |
| <b>Warm chocolate brownie</b>  736 kcal<br>Belgian chocolate sauce, vanilla ice cream   | 5.48 |
| <b>Warm cookie dough sandwich</b>  727 kcal<br>Salted caramel filling, toffee sauce, vanilla ice cream  | 5.48 |
| <b>British Bramley apple crumble</b>  673 kcal<br>Vanilla ice cream   | 5.77 |

Add: Vanilla ice cream scoop  (135 kcal) **99p**; Toffee sauce  (66 kcal) **47p**  
Belgian chocolate sauce  (61 kcal) **47p**; Banana  (110 kcal) **60p**  
Strawberries  (27 kcal) **60p**; Blueberries  (17 kcal) **60p**






ALLERGEN AND NUTRITIONAL INFORMATION





This can be found on the customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:


- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS



























 = Very mild  = Mild  = Medium hot  = Very hot  
 = Extremely hot

 Vegetarian  Vegan  5% fat or less  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

|   |      |
|---|------|
| <b>Large breakfast</b> 1343 kcal<br>Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast   | 7.43 |
| <b>Traditional breakfast</b> 807 kcal<br>Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast   | 5.75 |
| <b>Small breakfast</b>  435 kcal<br>Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown  | 3.99 |
| <hr/>   |      |
| <b>Add: Black pudding</b> (178 kcal) <b>80p</b>   |      |
| <hr/>   |      |
| <b>Freedom breakfast</b> 586 kcal<br>Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato  | 3.99 |
| <b>Large vegetarian breakfast</b>  1129 kcal<br>Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast  | 7.43 |
| <b>Vegetarian breakfast</b>  786 kcal<br>Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast  | 5.75 |
| <b>Small vegetarian breakfast</b>    291 kcal<br>Fried egg, vegan sausage, baked beans, hash brown, tomato   | 3.99 |
| <b>Vegan breakfast</b>  642 kcal<br>Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread   | 3.99 |
| <b>Porridge</b>   252 kcal (plain)<br>Add: Banana  (110 kcal) <b>60p</b> ; Strawberries  (27 kcal) <b>60p</b><br>Blueberries  (17 kcal) <b>60p</b> ; Honey  (91 kcal) <b>30p</b><br>Sliced apple  (46 kcal) <b>60p</b> | 1.99 |
| <b>Eggs Benedict</b> 725 kcal<br>Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket  | 6.07 |
| <b>Mushroom Benedict</b>  638 kcal<br>Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket   | 6.07 |
| <b>Miner's Benedict</b> 939 kcal<br>Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket   | 6.07 |
| <b>Scrambled egg on toast</b>  570 kcal<br>Three eggs, buttered white bloomer toast  | 3.99 |
| <b>Beans on toast</b>  566 kcal<br>Buttered white bloomer toast<br>Vegan option available with vegan spread    460 kcal  | 3.92 |
| <b>Fresh fruit</b>    200 kcal<br>Apple, banana, blueberries, strawberries  | 2.99 |
| <b>Fresh fruit and yoghurt</b>    334 kcal<br>Apple, banana, blueberries, strawberries, Greek-style honey yoghurt   | 3.49 |

Breakfast extras

Add any of the following:

|  |             |   |             |
|--|-------------|---|-------------|
| <b>Black pudding</b> 178 kcal  | <b>80p</b>  | <b>Hash brown</b>  82 kcal         | <b>51p</b>  |
| <b>Lincolnshire sausage</b> 168 kcal   | <b>1.15</b> | <b>Vegan sausage</b>  82 kcal      | <b>1.15</b> |
| <b>Slice of toast</b>  225 kcal           | <b>1.23</b> | <b>Baked beans</b>  126 kcal       | <b>98p</b>  |
| <b>Fried egg</b>  56 kcal                 | <b>98p</b>  | <b>Poached egg</b>  63 kcal        | <b>98p</b>  |
| <b>Two mushrooms</b>  100 kcal            | <b>98p</b>  | <b>Hollandaise sauce</b>  299 kcal | <b>1.92</b> |
| <b>Two scrambled eggs</b>  136 kcal       |             |   | <b>1.73</b> |
| <b>Two rashers of back bacon</b> 131 kcal  |             |   | <b>1.67</b> |
| <b>Two grilled tomato halves</b>  16 kcal |             |   | <b>57p</b>  |






Tea and toast

Includes tea, coffee or hot chocolate. Free refills\*

|   | with drink  | without drink |
|---|-------------|---------------|
| <b>Two slices of toast with jam or marmalade</b>  | <b>2.49</b> | <b>1.99</b>   |
|  524 kcal. White bloomer bread |             |               |

Served  
8am – 12 noon

Breakfast butties and wraps

|  |      |
|--|------|
| <b>Bacon buttie</b> 574 kcal<br>Three rashers of bacon, buttered white bloomer bread   | 3.69 |
| <b>Sausage buttie</b> 714 kcal<br>Two Lincolnshire sausages, buttered white bloomer bread  | 3.69 |
| <b>Vegetarian sausage buttie</b>  541 kcal<br>Two vegan sausages, buttered white bloomer bread<br>Vegan option available with vegan spread    435 kcal | 3.69 |
| <b>Breakfast wrap</b> 622 kcal<br>Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese   | 5.08 |
| <b>Vegetarian breakfast wrap</b>  531 kcal<br>Fried egg, two vegan sausages, hash brown, Cheddar cheese   | 5.08 |

Breakfast muffin deal

|  |      |
|--|------|
| <b>Includes tea, coffee, hot chocolate (free refills*) or ANY soft drink*.</b>   |      |
| <b>Egg &amp; cheese muffin</b>   249 kcal<br>Fried egg, American-style cheese, in an English muffin                            | 3.31 |
| <b>Egg &amp; bacon muffin</b>  314 kcal<br>Fried egg, bacon, American-style cheese, in an English muffin  | 3.77 |
| <b>Egg &amp; sausage muffin</b>  417 kcal<br>Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin   | 3.77 |
| <b>Egg &amp; vegetarian sausage muffin</b>   330 kcal<br>Fried egg, vegan sausage, American-style cheese, in an English muffin | 3.77 |
| <b>Breakfast muffin</b>  482 kcal<br>Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin  | 3.99 |
| Add: Hash brown  (82 kcal) <b>51p</b>   |      |

Tea, coffee and hot chocolate

FREE  
REFILLS\*

TEA, COFFEE AND  
HOT CHOCOLATE

— ALL DAY EVERY DAY —
















TORINO, ITALIA, 1895



£1.71

each

|   |  |
|---|--|
| <b>Flat white</b>  92 kcal                 | <b>White coffee</b>  24 kcal                  |
| <b>Cappuccino</b>  102 kcal                | <b>Hot chocolate</b>  169 kcal                |
| <b>Latte</b>  113 kcal                     | <b>Tea</b><br>with semi-skimmed milk  14 kcal |
| <b>Mocha</b>  147 kcal                     | Dairy alternative: oat sachet  4 kcal         |
| <b>Espresso</b>  6 kcal                    | Decaffeinated tea and coffee available.  |
| <b>Black coffee</b>  6 kcal                |  |
| <hr/>   |  |
| <b>Biscuits</b>   |  |
| <b>Walkers shortbread</b><br> 151 kcal     | <b>Stem ginger biscuit</b><br> 123 kcal       |
| <b>Belgian chocolate biscuit</b>  129 kcal | <b>71p</b>   |

for the facts  
drinkaware.co.uk

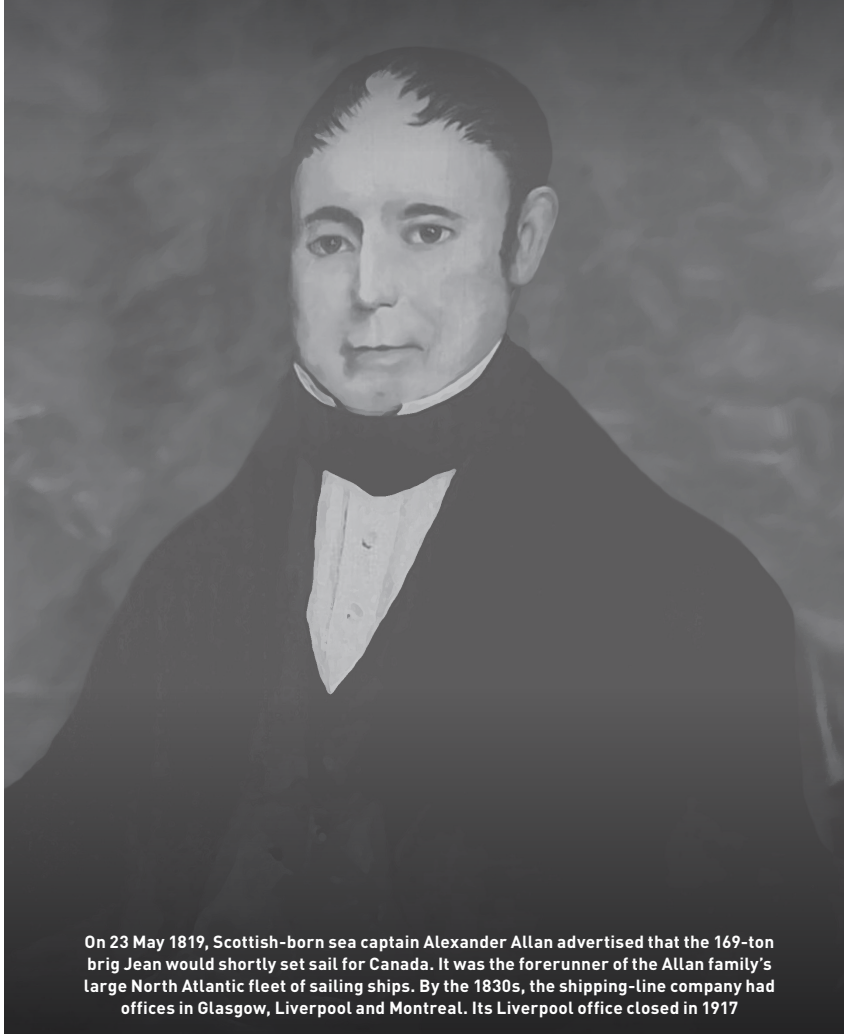
jdwetherspoon.com

FOOD

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

The Captain Alexander

Liverpool



On 23 May 1819, Scottish-born sea captain Alexander Allan advertised that the 169-ton brig Jean would shortly set sail for Canada. It was the forerunner of the Allan family's large North Atlantic fleet of sailing ships. By the 1830s, the shipping-line company had offices in Glasgow, Liverpool and Montreal. Its Liverpool office closed in 1917




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

FOOD HYGIENE RATING

1

2

3

4


5

VIEW SCORE

**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.


100%  
UK AND  
IRISH  
BEEF

**100% UK and Irish beef**  
From farms in the UK and Ireland. Traceable from farm to fork.

FOOD MADE GOOD

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.

**Breakfast**  
8am – 12 noon




Traditional breakfast  
£5.75

**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

**Deli Deals\***  
INCLUDES A DRINK\*   
Featuring southern-fried chicken wrap just-a-wrap, without a drink  
£4.94




soft drink\*  
£6.16

alcoholic drink\*  
£7.69

**Gourmet burger meals**  
INCLUDES A DRINK\*   
Featuring NEW The Big Smoke burger




soft drink\*  
£11.96

alcoholic drink\*  
£13.49

**Afternoon deals**  
INCLUDES A DRINK\*   
Mon – Fri, 2pm – 5pm  
Featuring small freshly battered fish and chips




soft drink\*  
£8.14

alcoholic drink\*  
£9.67




**11" sourdough pizzas**  
INCLUDES A DRINK\*   
Featuring Margherita pizza

from soft drink\*  
£10.73

from alcoholic drink\*  
£12.26


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

**LAVAZZA**  
TORINO, ITALIA, 1895




**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.

**FOOD MADE GOOD**  
stars




**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'.

**wetherspoon hotels**  
Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.

**Book direct.**  
Available only at jdetherspoon.com, on the app or by phone.

UNLIMITED  
FREE  
Wi-Fi

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

Scan to find  
out more.

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. [jdetherspoon.com](http://jdetherspoon.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. <sup>††</sup>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 J20 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 J20; 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 Rosé, 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)

HIGHSTSPR25

MENU\_6826



Small plates | Any 3 for £14.99

|   |      |  |
|---|------|--|
| 8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.   |      |  |
| Margherita <sup>UNDER 500</sup> 467 kcal. Mozzarella, basil   | 6.19 |  |
| <b>NEW</b> Spicy chicken  706 kcal<br>Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket        | 6.76 |  |
| Pepperoni  575 kcal. Mozzarella, pepperoni  | 6.76 |  |
| Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket  | 6.76 |  |
| BBQ chicken 555 kcal<br>Mozzarella, BBQ sauce, chicken breast, red onion, rocket  | 6.76 |  |
| Roasted vegetable  514 kcal<br>Mozzarella, mushroom, roasted pepper, courgette, onion, basil                                      | 6.76 |  |
| Vegan roasted vegetable <sup>UNDER 500</sup> 355 kcal<br>Mushroom, roasted pepper, courgette, onion, basil                        | 6.76 |  |
| Spicy meat feast  615 kcal<br>Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket                                 | 7.35 |  |
| 11" garlic pizza bread  772 kcal  | 5.72 |  |
| Nachos  695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies   | 5.96 |  |
| Bowl of chips  964 kcal   | 3.99 |  |
| Bowl of chips with curry sauce  1082 kcal   | 5.29 |  |
| Cheesy chips  1256 kcal   | 5.49 |  |
| Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream   | 5.79 |  |
| <b>NEW</b> Shawarma-chicken-topped chips  1387 kcal<br>Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces | 5.79 |  |
| Halloumi-style fries, sweet chilli sauce <sup>UNDER 500</sup> 434 kcal  | 5.11 |  |
| Chicken bites, BBQ sauce <sup>UNDER 500</sup> 405 kcal<br>Ten battered chicken breast pieces                                      | 6.24 |  |
| Southern-fried chicken strips, Jack Daniel's® Tennessee Honey glaze  547 kcal<br>Five chicken breast strips                       | 6.35 |  |
| Chicken wings, Naga chilli sauce  1113 kcal   | 6.90 |  |
| Quorn™ nuggets, sweet chilli sauce <sup>UNDER 500</sup> 331 kcal<br>Eight coated pieces   | 5.34 |  |

Wings, bites and strips

|  |            |
|--|------------|
| Mix and match  | 2.99 each  |
| Chicken wings <sup>UNDER 500</sup> 407 kcal. Five spicy chicken wings                      |            |
| Chicken bites <sup>UNDER 500</sup> 161 kcal<br>Five battered chicken breast pieces         | 2 for 5.49 |
| Southern-fried chicken strips <sup>UNDER 500</sup> 276 kcal<br>Three chicken breast strips |            |
| Quorn™ nuggets <sup>UNDER 500</sup> 177 kcal. Five coated pieces                           | 3 for 7.49 |

Add: Sweet chilli (37 kcal); Naga chilli (136 kcal)  
Jack Daniel's® Tennessee Honey glaze (87 kcal)  
Chipotle mayo (150 kcal) BBQ sauce (83 kcal); Blue cheese (270 kcal)  
Garlic & herb dip (180 kcal) **99p** each

Deli Deals <sup>INCLUDES A DRINK</sup>

All wraps and paninis are freshly made to order.

|   |                              |
|---|------------------------------|
| 10" wraps   |                              |
| Brunch wrap 559 kcal  |                              |
| Fried egg, bacon, Lincolnshire sausage, Cheddar cheese  | just-a-wrap, without a drink |
| Vegetarian brunch wrap  545 kcal  | 4.94 each                    |
| Fried egg, two vegan sausages, Cheddar cheese   |                              |
| Shawarma chicken  502 kcal  |                              |
| Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket | soft drink*                  |
| Quorn™ nuggets <sup>UNDER 500</sup> 310 kcal  | 6.16 each                    |
| Salad leaves, tomato, cucumber, salsa   |                              |
| Southern-fried chicken <sup>UNDER 500</sup> 399 kcal  | alcoholic drink*             |
| Salad leaves, smoky chipotle mayo   | 7.69 each                    |
| Cold chicken breast <sup>UNDER 500</sup> 277 kcal   |                              |
| Salad leaves, sweet chilli sauce  |                              |
| Fried halloumi-style cheese <sup>UNDER 500</sup> 391 kcal   |                              |
| Salad leaves, sweet chilli sauce, tomato, cucumber  |                              |
| Add: Small side salad  (46 kcal); Small portion of chips  (329 kcal)                              | 1.13 each                    |

Paninis

|   |                            |
|---|----------------------------|
| Cheddar cheese and tomato  527 kcal             | soft drink* 7.73 each      |
| Wiltshire cured ham and Cheddar cheese 508 kcal |                            |
| BBQ chicken, bacon and Cheddar cheese 586 kcal  |                            |
| Tuna mayo and Cheddar cheese 590 kcal           | alcoholic drink* 9.26 each |

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 <sup>INCLUDES A DRINK</sup>

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 91 kcal). |                        |
| With red onion, gherkin, ketchup, American-style mustard.                |                        |
| American burger 529 kcal   | soft drink* 9.76       |
| Two 3oz beef patties   | alcoholic drink* 11.29 |
| American cheese burger 609 kcal  | soft drink* 10.34      |
| Two 3oz beef patties, American-style cheese                              | alcoholic drink* 11.87 |

|  |                             |
|--|-----------------------------|
| Served with chips (add 602 kcal) or ask for a side salad  (add 91 kcal). |                             |
| With iceberg lettuce, tomato, red onion.                                 |                             |
| Classic beef burger 541 kcal   | soft drink* 9.76 each       |
| Two 3oz beef patties   | alcoholic drink* 11.29 each |
| Fried buttermilk chicken burger 556 kcal                                 |                             |
| Breaded whole chicken breast fillet                                      |                             |
| Plant-based burger  447 kcal   |                             |
| Garlic & herb sauce  |                             |
| Fried halloumi-style cheese burger  540 kcal                             |                             |
| Sweet chilli sauce   |                             |

|   |                            |
|---|----------------------------|
| Small burgers   |                            |
| Served with a small portion of chips (add 329 kcal) or ask for a small side salad  (add 46 kcal).       |                            |
| Small American burger 360 kcal. One 3oz beef patty, red onion, gherkin, ketchup, American-style mustard | soft drink* 7.50 each      |
| Small classic beef burger 372 kcal  | alcoholic drink* 9.03 each |
| One 3oz beef patty, iceberg lettuce, tomato, red onion  |                            |
| Chicken strip burger  440 kcal  |                            |
| Two southern-fried chicken strips, iceberg lettuce, mayonnaise  |                            |
| Korean chicken strip burger 383 kcal  |                            |
| Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce                                  |                            |
| Small American cheese burger 400 kcal   | soft drink* 8.07           |
| American-style cheese, red onion, gherkin, ketchup, American-style mustard                              | alcoholic drink* 9.60      |

Gourmet burgers

Served with six beer-battered onion rings (add 269 kcal) and chips (add 602 kcal) or ask for a side salad (add 91 kcal).

With iceberg lettuce, tomato, red onion.

**NEW** Cheese meltdown burger 751 kcal

Two 3oz beef patties, American-style cheese, smothered with Emmental & Cheddar cheese sauce

**NEW** The Big Smoke burger 657 kcal

One 3oz beef patty, pulled BBQ beef brisket, American-style cheese, maple-cured bacon

**NEW** Buffalo burger 937 kcal

Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing

**NEW** BBQ stack 440 kcal

Plant-based patty, topped with onion rings and covered with BBQ sauce

|  |  |
|--|--|
| Ultimate burger 852 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) 720 kcal   |  |
| Fried buttermilk chicken 734 kcal  |  |

|   |                        |
|---|------------------------|
| Triple American cheese & bacon burger 908 kcal  | soft drink* 13.42      |
| Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard | alcoholic drink* 14.95 |

|   |           |
|---|-----------|
| Additional toppings                                       |           |
| BBQ sauce  83 kcal  | 99p       |
| Maple-cured bacon with Cheddar cheese 173 kcal            | 2.24      |
| Maple-cured bacon with American-style cheese 171 kcal     | 2.24      |
| Cheddar cheese  82 kcal; American-style cheese  80 kcal   |           |
| Maple-cured bacon 91 kcal; Crunchy chicken strip  92 kcal | each 1.62 |

|                                       |           |
|---------------------------------------|-----------|
| Additional burger patties             |           |
| 3oz beef patty 168 kcal               |           |
| Fried buttermilk chicken 351 kcal     |           |
| Fried halloumi-style cheese  298 kcal |           |
| Plant-based patty  152 kcal           | each 2.07 |

Chicken <sup>INCLUDES A DRINK</sup>

**NEW** Sticky Korean fried chicken bowl 9.79 11.32

soft drink\* 9.79   alcoholic drink\* 11.32

Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies

Choose: Coconut-flavour rice 867 kcal

Chips 961 kcal

**NEW** Sticky Korean fried Quorn™ 'no chicken' bowl 9.79 11.32

Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies

Choose: Coconut-flavour rice 713 kcal

Chips 808 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 with BBQ sauce                     | soft drink* 10.73 each      |
| Ten battered chicken breast pieces, coleslaw, BBQ sauce |                             |
| Choose: Side salad 605 kcal                             |                             |
| Spicy rice  741 kcal                                    | alcoholic drink* 12.26 each |
| Chips 1140 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 9.79 11.32

Eight coated pieces, coleslaw, sweet chilli sauce

Choose: Side salad 569 kcal

Spicy rice 709 kcal

Chips 1104 kcal

Curries <sup>INCLUDES A DRINK</sup>

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

Mangalorean roasted cauliflower & spinach curry 9.27 kcal

|                                 |                        |                             |
|---------------------------------|------------------------|-----------------------------|
| Chicken tikka masala  1190 kcal | soft drink* 11.90 each | alcoholic drink* 13.43 each |
|---------------------------------|------------------------|-----------------------------|

Chicken jalfrezi 935 kcal

Beef Madras 1043 kcal

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

Add: One vegetable samosa and two onion bhajis (293 kcal) **1.86**

Two plain poppadums (86 kcal) **52p**

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

|  |                             |
|--|-----------------------------|
| Katsu grilled chicken curry <sup>5%</sup> 542 kcal |                             |
| Sliced grilled chicken breast                      |                             |
| Katsu Quorn™ nugget curry  686 kcal                | soft drink* 10.79 each      |
| Eight coated pieces                                | alcoholic drink* 12.32 each |

Katsu chicken curry 828 kcal

Sliced whole breaded chicken breast fillet

Jacket potatoes <sup>INCLUDES A DRINK</sup>

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

|   |                             |
|---|-----------------------------|
| Tuna mayo 592 kcal  |                             |
| Coleslaw  559 kcal  |                             |
| Cheese  512 kcal  | soft drink* 8.90 each       |
| Baked beans <sup>5%</sup> <sup>UNDER 500</sup> 482 kcal           | alcoholic drink* 10.43 each |
| Chilli bean non-carne <sup>5%</sup> <sup>UNDER 500</sup> 442 kcal |                             |
| Roasted vegetables <sup>5%</sup> <sup>UNDER 500</sup> 383 kcal    |                             |

Adults need around 2000 kcal a day.<sup>§</sup>

Pub classics <sup>INCLUDES A DRINK</sup>

|   |                   |                        |
|---|-------------------|------------------------|
| Freshly battered fish and chips             | soft drink* 12.14 | alcoholic drink* 13.67 |
| Cod, peas 1240 kcal or mushy peas 1298 kcal |                   |                        |

Whitby breaded scampi

Chips, peas 1135 kcal or mushy peas 1192 kcal.

Eight Whitby breaded scampi

Add: Two slices of bread (404 kcal) **1.44**

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

|  |       |       |
|--|-------|-------|
| All-day brunch 1245 kcal   | 11.49 | 13.02 |
| Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips |       |       |
| Add: Black pudding (178 kcal) <b>80p</b>                             |       |       |

Vegetarian all-day brunch 1023 kcal

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

|                  |       |       |
|------------------|-------|-------|
| BBQ chicken melt | 12.14 | 13.67 |
|------------------|-------|-------|

Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom

Choose: Side salad 600 kcal; Mediterranean salad 731 kcal

Mashed potato 813 kcal; Jacket potato 848 kcal; Chips 1136 kcal

|                                     |       |       |
|-------------------------------------|-------|-------|
| Steak & kidney pudding 1279 kcal    | 10.38 | 11.91 |
| Chips, peas, onion & red wine gravy |       |       |

|                           |       |       |
|---------------------------|-------|-------|
| Bangers and mash 894 kcal | 10.38 | 11.91 |
|---------------------------|-------|-------|

Three Lincolnshire sausages, peas, onion & red wine gravy

|  |       |       |
|--|-------|-------|
| Vegetarian bangers and mash  635 kcal              | 10.38 | 11.91 |
| Three vegan sausages, peas, onion & red wine gravy |       |       |

|   |      |       |
|---|------|-------|
| Wiltshire cured ham, eggs and chips 856 kcal      | 9.79 | 11.32 |
| Two slices of Wiltshire cured ham, two fried eggs |      |       |

|                                     |      |       |
|-------------------------------------|------|-------|
| Sausages, chips and beans 1170 kcal | 9.49 | 11.02 |
| Three Lincolnshire sausages         |      |       |

|   |      |       |
|---|------|-------|
| Vegan sausages, chips and beans  910 kcal | 9.49 | 11.02 |
| Three vegan sausages                      |      |       |

|  |       |       |
|--|-------|-------|
| Chilli bean non-carne <sup>5%</sup> 635 kcal   | 10.38 | 11.91 |
| Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips |       |       |

Afternoon deal

|  |                  |                        |
|--|------------------|------------------------|
| Mon - Fri, 2pm - 5pm                     |                  |                        |
| Choose from the above pub classic meals. | soft drink* 9.31 | alcoholic drink* 10.84 |

Small pub classics <sup>INCLUDES A DRINK</sup>

|   |                  |                        |
|---|------------------|------------------------|
| Small freshly battered fish and chips     | soft drink* 9.92 | alcoholic drink* 11.45 |
| Cod, peas 681 kcal or mushy peas 739 kcal |                  |                        |

|  |      |       |
|--|------|-------|
| Small Whitby breaded scampi                  | 9.92 | 11.45 |
| Chips, peas 629 kcal or mushy peas 686 kcal. |      |       |
| Four Whitby breaded scampi                   |      |       |

Add: Two slices of bread (404 kcal) **1.44**

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

|  |      |       |
|--|------|-------|
| Small Wiltshire cured ham, egg and chips <sup>UNDER 500</sup> 455 kcal | 8.68 | 10.21 |
| One slice of Wiltshire cured ham, fried egg                            |      |       |

|  |      |       |
|--|------|-------|
| Small all-day brunch 681 kcal                              | 8.68 | 10.21 |
| Lincolnshire sausage, bacon, fried egg, baked beans, chips |      |       |
| Add: Black pudding (178 kcal) <b>80p</b>                   |      |       |

|   |      |       |
|---|------|-------|
| Small vegetarian all-day brunch  611 kcal         | 8.68 | 10.21 |
| Two vegan sausages, fried egg, baked beans, chips |      |       |

Afternoon deal

|  |                  |                       |
|--|------------------|-----------------------|
| Mon - Fri, 2pm - 5pm                           |                  |                       |
| Choose from the above small pub classic meals. | soft drink* 8.14 | alcoholic drink* 9.67 |

11" pizzas <sup>INCLUDES A DRINK</sup>

|  |                   |                        |
|--|-------------------|------------------------|
| Sourdough base - proved, stretched, topped and freshly baked to order. | soft drink* 10.73 | alcoholic drink* 12.26 |
| Margherita  934 kcal. Mozzarella, basil                                |                   |                        |

|   |  |                             |
|---|--|-----------------------------|
| <b>NEW</b> Spicy chicken  1374 kcal. Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket |  |                             |
| Pepperoni  1151 kcal. Mozzarella, pepperoni   |  | soft drink* 11.90 each      |
| Ham and mushroom 1011 kcal  |  | alcoholic drink* 13.43 each |
| Mozzarella, ham, mushroom, rocket   |  |                             |
| BBQ chicken 1097 kcal   |  |                             |
| Mozzarella, BBQ sauce, chicken breast, red onion, rocket  |  |                             |
| Roasted vegetable  1028 kcal  |  |                             |
| Mozzarella, mushroom, roasted pepper, courgette, onion, basil   |  |                             |
| Vegan roasted vegetable  709 kcal   |  |                             |
| Mushroom, roasted pepper, courgette, onion, basil   |  |                             |

|   |       |       |
|---|-------|-------|
| Spicy meat feast  1214 kcal   | 13.08 | 14.61 |
| Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket |       |       |

Additional toppings

Red onion 10 kcal; Sliced chillies 3 kcal; Mushroom 4 kcal   each **93p**

Garlic & herb dip 180 kcal; Mozzarella 150 kcal; Ham 71 kcal

Chicken breast 94 kcal; Maple-cured bacon 91 kcal   each **1.25**

Pepperoni 109 kcal; Roasted vegetables 90 kcal   each **1.63**

Noodles, salads and pastas <sup>INCLUDES A DRINK</sup>

|  |                  |                        |
|--|------------------|------------------------|
| Ramen noodle bowl <sup>5%</sup> <sup>UNDER 500</sup> 466 kcal  | soft drink* 9.29 | alcoholic drink* 10.82 |
| Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth |                  |                        |

|  |       |       |
|--|-------|-------|
| Chicken & maple-cured bacon salad                                  | 10.49 | 12.02 |
| Choose: Chicken breast <sup>UNDER 500</sup> 283 kcal               |       |       |
| Southern-fried chicken breast strips <sup>UNDER 500</sup> 465 kcal |       |       |

|   |      |       |
|---|------|-------|
| Mediterranean salad <sup>UNDER 500</sup> 334 kcal   | 9.49 | 11.02 |
| Pearl barley, quinoa, butternut squash, wheat berries, red pepper, pumpkin seeds, basil, dressing |      |       |

|  |      |       |
|--|------|-------|
| Burrito salad bowl  668 kcal   | 9.49 | 11.02 |
| Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies |      |       |

|   |      |                                      |
|---|------|--------------------------------------|
| Additional toppings:                              |      |                                      |
| Maple-cured bacon (91 kcal)                       | 1.62 | Poached egg  (63 kcal) 98p           |
| Tuna mayo (298 kcal)                              | 1.16 | Roasted vegetables  (90 kcal) 1.63   |
| Half chicken breast (93 kcal)                     | 1.25 | Whole chicken breast (187 kcal) 2.07 |
| Fried buttermilk chicken (473 kcal)               |      | 2.07                                 |
| <b>NEW</b> Spicy pulled chicken thigh  (249 kcal) |      | 3.09                                 |
| Chilli bean non-carne  (149 kcal)                 |      | 2.07                                 |

|  |       |       |
|--|-------|-------|
| Pasta alfredo  618 kcal  | 10.90 | 12.43 |
| Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket |       |       |
| Add: Chicken breast (187 kcal) <b>2.07</b>   |       |       |
| Maple-cured bacon (91 kcal) <b>1.62</b>  |       |       |
| British beef & pancetta lasagne  | 11.46 | 12.99 |
| Choose: Side salad 761 kcal; Chips 1295 kcal   |       |       |

Sides and extras

|                                      |              |                 |
|--------------------------------------|--------------|-----------------|
| Bowl of chips  964 kcal              |              | 3.99            |
| Small bowl of chips  602 kcal        |              | 2.49            |
| Five chicken wings  407 kcal         |              | 2.99            |
| Five chicken breast bites 161 kcal   |              | 2.99            |
| Eight Whitby breaded scampi 464 kcal |              | 5.19            |
| Peas  133 kcal                       |              | 99p             |
| Mushy peas  248 kcal                 |              | 99p             |
| Side salad  91 kcal                  |              | 2.39            |
| Mediterranean side salad  198 kcal   |              | 3.32            |
| Roasted vegetables  135 kcal         |              | 1.63            |
| Coleslaw  399 kcal                   |              | 1.50            |
| Sliced chillies  3 kcal              |              | 93p             |
| Onion rings                          | Six 269 kcal | Twelve 538 kcal |
| Garlic pizza bread                   | 8" 386 kcal  | 11" 772 kcal    |
| With cheese                          | 8" 473 kcal  | 11" 922 kcal    |
|                                      | 5.13         | 6.59            |