## Desserts

**NEW Salted caramel sticky toffee pudding** (V) 877 kcal — 5.14
Vanilla ice cream

**NEW Millionaire's shortbread** (V) (UNDER 500) 409 kcal — 2.32
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce

**Vanilla ice cream** (V) (UNDER 500) 334 kcal — 1.97
Two scoops, toffee sauce, Belgian chocolate sauce

**Cookie crunch** (V) (UNDER 500) 364 kcal — 1.97
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce

**Mini warm chocolate brownie** (V) (UNDER 500) 435 kcal — 3.13
Belgian chocolate sauce, vanilla ice cream

**Mini warm cookie dough sandwich** (V) (UNDER 500) 431 kcal — 3.13
Salted caramel filling, toffee sauce, vanilla ice cream

**Fresh fruit** (V) (5%) (UNDER 500) 470 kcal — 4.71
Apple, banana, blueberries, strawberries, vanilla ice cream

**Warm chocolate fudge cake** (V) 909 kcal — 5.48
Vanilla ice cream

**Warm chocolate brownie** (V) 736 kcal — 5.48
Belgian chocolate sauce, vanilla ice cream

**Warm cookie dough sandwich** (V) 727 kcal — 5.48
Salted caramel filling, toffee sauce, vanilla ice cream

**British Bramley apple crumble** (V) 673 kcal — 5.77
Vanilla ice cream

**Add: Vanilla ice cream scoop** (V) (135 kcal) **99p; Toffee sauce** (V) (66 kcal) **47p**
**Belgian chocolate sauce** (Vg) (61 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.§**


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# BREAKFAST

**Served 8am – 12 noon**

**Large breakfast** 1343 kcal — 5.99
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast

**Traditional breakfast** 807 kcal — 3.69
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

**Small breakfast** (UNDER 500) 435 kcal — 2.79
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

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

**Freedom breakfast** 586 kcal — 2.79
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

**Large vegetarian breakfast** (V) 1129 kcal — 5.99
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

**Vegetarian breakfast** (V) 786 kcal — 3.69
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 — 2.79
Fried egg, vegan sausage, baked beans, hash brown, tomato

**Vegan breakfast** (Vg) 642 kcal — 2.79
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

**Porridge** (V) (5%) (UNDER 500) 252 kcal (plain) — 1.99
**Add: Banana** (Vg) (110 kcal) **60p; Strawberries** (Vg) (27 kcal) **60p**
**Blueberries** (Vg) (17 kcal) **60p; Honey** (V) (91 kcal) **30p**
**Sliced apple** (Vg) (46 kcal) **60p**

**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

**Scrambled egg on toast** (V) 570 kcal — 2.79
Three eggs, buttered white bloomer toast

**Beans on toast** (V) (5%) 566 kcal. Buttered white bloomer toast — 2.79
**NEW Vegan option available with vegan spread** (Vg) (5%) (UNDER 500) 460 kcal

**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 scrambled eggs** (V) 136 kcal | | | **1.73** |
| **Two rashers of back bacon** 131 kcal | | | **1.67** |
| **Two mushrooms** (Vg) 100 kcal | | | **98p** |
| **Two grilled tomato halves** (Vg) 16 kcal | | | **57p** |

## 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 — 2.69
Three rashers of bacon, buttered white bloomer bread

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

**Vegetarian sausage butty** (V) 541 kcal — 2.69
Two vegan sausages, buttered white bloomer bread
**NEW 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

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

## Tea, coffee and hot chocolate

**FREE REFILLS□**
**TEA, COFFEE AND HOT CHOCOLATE**
— ALL DAY EVERY DAY —
LAVAZZA TORINO, ITALIA, 1895 — 100% ARABICA BEANS — DECAF SO DELICIOUS

**£1.19** each

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

**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)

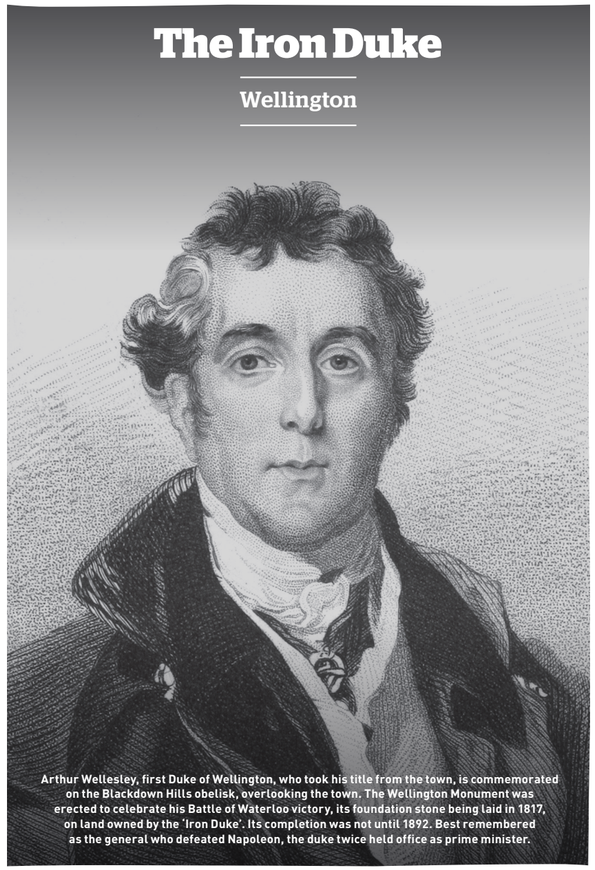
SEA MENU_7060

# FOOD

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

## The Iron Duke

**Wellington**



Arthur Wellesley, first Duke of Wellington, who took his title from the town, is commemorated on the Blackdown Hills obelisk, overlooking the town. The Wellington Monument was erected to celebrate his Battle of Waterloo victory, its foundation stone being laid in 1817, on land owned by the 'Iron Duke'. Its completion was not until 1892. Best remembered as the general who defeated Napoleon, the duke twice held office as prime minister.

## Table service

Download the Wetherspoon app or scan this QR code.
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**Breakfast** 8am – 12 noon — Traditional breakfast **£3.69**

**Tea, coffee and hot chocolate Free refills□** — **£1.19** each

## Deli Deals®

**INCLUDES A DRINK◇**
Featuring NEW small southern-fried chicken wrap
just-a-wrap, without a drink **£3.14**
soft drink* **£4.05** | alcoholic drink* **£5.58**

## Burger meals

**INCLUDES A DRINK◇**
Featuring 3oz American burger
soft drink* **£5.21** | alcoholic drink* **£6.74**

## 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**
We have been awarded the maximum food hygiene rating of 5 in our pub.

**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.

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

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

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

**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.

**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.§


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# 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** (🌿) (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 |
| **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** (🌿) 964 kcal | 3.99 |
| **Bowl of chips with curry sauce** (🌿) 1082 kcal | 5.29 |
| **Cheesy chips** (V) 1256 kcal | 5.49 |
| **Loaded chips** 1303 kcal. Cheese, maple-cured bacon, sour cream | 5.79 |

**With any of the small plates below, choose one dip:**
**Sweet chilli** (🌶🌶) (🌿) 37 kcal; **Sticky soy** (V) 100 kcal; **Naga chilli** (🌶🌶🌶) (🌿) 136 kcal
**Jack Daniel's® Tennessee Honey glaze** (V) 87 kcal; **Chipotle mayo** (🌶🌶🌶) (V) 150 kcal
**Blue cheese** (V) 270 kcal; **BBQ sauce** (🌿) 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** (🌿) (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** (🌿) (under 500) 310 kcal. Salad leaves, tomato, cucumber, salsa | |
| **Small southern-fried chicken** (🌶🌶🌶) (under 500) 399 kcal. Salad leaves, smoky chipotle mayo | |
| **Small fried halloumi-style cheese** (🌶🌶) (V) (under 500) 391 kcal. Salad leaves, sweet chilli sauce, tomato, cucumber | |

just-a-wrap, without a drink: 3.14 each
soft drink*: 4.05 each
alcoholic drink*: 5.58 each

**Add: Small side salad** (🌿) (46 kcal); **Small portion of chips** (🌿) (329 kcal) **1.13** 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** (🌿) (5%) 508 kcal. Tomato, cucumber, salsa

**Southern-fried chicken** (🌶🌶🌶) 609 kcal. Salad leaves, smoky chipotle mayo

**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

**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

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*: 5.21 each
alcoholic drink*: 6.74 each

**American cheese burger** 730 kcal. American-style cheese, red onion, gherkin, ketchup, American-style mustard
soft drink* 5.80
alcoholic drink* 7.33

## 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*: 7.50 each
alcoholic drink*: 9.03 each

**Double American cheese burger** 1207 kcal. American-style cheese, red onion, gherkin, ketchup, American-style mustard
soft drink* 8.10
alcoholic drink* 9.63

## 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* 5.21
alcoholic drink* 6.74

**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*: 7.50 each
alcoholic drink*: 9.03 each

## Meat-free burgers

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

**Beyond Burger™** (🌿) 1043 kcal. BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce

soft drink*: 7.50 each
alcoholic drink*: 9.03 each

**Fried halloumi-style cheese burger** (🌶🌶) (V) 1118 kcal. Sweet chilli sauce

## 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

soft drink*: 9.70 each
alcoholic drink*: 11.23 each

**Fiesta burger** (🌿) 1380 kcal. BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

**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*: 11.15
alcoholic drink*: 12.68

## 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 |
| **Fried halloumi-style cheese** (V) 298 kcal | |
| **BEYOND MEAT patty** (🌿) 184 kcal | |

# Curries INCLUDES A DRINK*

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

**Mangalorean roasted cauliflower & spinach curry** (🌶🌶) (🌿) (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**

**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** (5%) 542 kcal. Sliced char-grilled chicken breast
**Katsu Quorn™ nugget curry** (🌿) 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

# Jacket potatoes INCLUDES A DRINK*

**With side salad and one filling. Extra fillings 1.32 each.**

**Coleslaw** (V) 559 kcal
**Cheese** (V) 512 kcal
**Baked beans** (🌿) (5%) (under 500) 482 kcal
**Chilli bean non-carne** (🌶) (🌿) (5%) (under 500) 442 kcal
**Roasted vegetables** (🌿) (5%) (under 500) 383 kcal

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

# Noodles, salads and pastas INCLUDES A DRINK*

| | soft drink* | alcoholic drink* |
|---|---|---|
| **NEW Ramen noodle bowl** (🌶🌶) (🌿) (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** (🌿) (under 500) 334 kcal. Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing. **Add: Roasted vegetables** (🌿) (90 kcal) **1.63**; **Char-grilled chicken breast** (187 kcal) **2.07** | 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** (🌶) (🌿) (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 |

# 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 | 7.78 | 9.31 |

**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** (🌿) (5%) 709 kcal. Mushroom, roasted pepper, courgette, onion, basil

soft drink*: 8.85 each
alcoholic drink*: 10.38 each

**Spicy meat feast** (🌶🌶🌶) 1214 kcal. Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket — soft drink* 9.92; alcoholic drink* 11.45

## Additional toppings

**Red onion** (🌿) 10 kcal; **Sliced chillies** (🌶🌶🌶🌶🌶) (🌿) 3 kcal; **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** (🌶🌶) 109 kcal; **Roasted vegetables** (🌿) 90 kcal — each **1.63**

# Small pub classics INCLUDES A DRINK*

| | soft drink* | alcoholic drink* |
|---|---|---|
| **Small freshly battered cod and chips** (🐟). Peas 681 kcal or mushy peas 739 kcal | 8.14 | 9.67 |
| **Small Whitby breaded scampi**. Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi | 8.14 | 9.67 |

**Add: Two slices of bread** (V) (404 kcal) **1.44**
**Chip shop-style curry sauce** (🌿) (118 kcal) **1.56**

| | | |
|---|---|---|
| **Small Wiltshire cured ham, egg and chips** (under 500) 455 kcal. One slice of Wiltshire cured ham, fried egg | 4.79 | 6.32 |
| **Small all-day brunch** 681 kcal. Lincolnshire sausage, bacon, fried egg, baked beans, chips. **Add: Black pudding** (178 kcal) **80p** | 4.99 | 6.52 |
| **Small vegetarian all-day brunch** (V) 611 kcal. Two vegan sausages, fried egg, baked beans, chips | 4.99 | 6.52 |

## 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* |
|---|---|---|
| **Freshly battered cod and chips** (🐟). 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** (🌿) (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** | 5.45 | 6.98 |
| **Vegetarian all-day brunch** (V) 1023 kcal. Two fried eggs, three vegan sausages, baked beans, chips | 5.45 | 6.98 |
| **Steak & kidney pudding** 1279 kcal. Chips, peas, onion & red wine gravy | 5.45 | 6.98 |
| **Wiltshire cured ham, eggs and chips** 856 kcal. Two slices of Wiltshire cured ham, two fried eggs | 5.21 | 6.74 |
| **Sausages, chips and beans** 1170 kcal. Three Lincolnshire sausages | 5.45 | 6.98 |
| **Vegan sausages, chips and beans** (🌿) 910 kcal. Three vegan sausages | 5.45 | 6.98 |
| **NEW Chilli bean non-carne** (🌶) (🌿) (5%) 635 kcal. Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips | 5.45 | 6.98 |

## 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
**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
**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; **Chips** 1143 kcal | 10.38 | 11.91 |
| **Mixed grill**. Gammon, pork loin, rump, lamb, Lincolnshire sausage. **Choose: Side salad** 984 kcal; **Mediterranean salad** 1114 kcal; **Jacket potato** 1231 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; **Chips** 2012 kcal | 13.95 | 15.48 |

# Chicken baskets INCLUDES A DRINK*

**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*: 7.78 each
alcoholic drink*: 9.31 each

# Sides and extras

| | |
|---|---|
| **Bowl of chips** (🌿) 964 kcal (**Add: Spicy seasoning** (🌿) (7 kcal) 39p) | 3.99 |
| **Small bowl of chips** (🌿) 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 |
| **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** (🌶🌶🌶🌶🌶) (🌿) 3 kcal | 93p |
| **Six onion rings** (🌿) 269 kcal | 2.43 |
| **Twelve onion rings** (🌿) 538 kcal | 3.65 |
| **8" garlic pizza bread** (V) 386 kcal | 4.55 |
| **8" garlic pizza bread with cheese** (V) 473 kcal | 5.13 |
| **11" garlic pizza bread** (V) 772 kcal | 5.72 |
| **11" garlic pizza bread with cheese** (V) 922 kcal | 6.59 |

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