



















Desserts

Millionaire's shortbread  331 kcal	2.42
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream  257 kcal	2.07
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch  287 kcal	2.07
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie  397 kcal	3.23
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich  347 kcal	3.23
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes  373 kcal	3.69
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit and ice cream   379 kcal	3.49
Apple, banana, blueberries, strawberries, vanilla ice cream	
Salted caramel sticky toffee pudding  799 kcal	5.24
Vanilla ice cream	
Warm chocolate fudge cake  832 kcal. Vanilla ice cream	5.58
Warm chocolate brownie  697 kcal	5.58
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich  601 kcal	5.58
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble  602 kcal. Vanilla ice cream	5.87
American-style pancakes  650 kcal	5.14
Four pancakes, maple-flavour syrup, vanilla ice cream	
.....	
Add: Vanilla ice cream scoop  (97 kcal) 99p ; Toffee sauce  (66 kcal) 47p	
Belgian chocolate sauce  (61 kcal) 47p ; Banana  (110 kcal) 60p	
Strawberries  (14 kcal) 60p ; Blueberries  (17 kcal) 60p	





ALLERGEN AND NUTRITIONAL INFORMATION


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





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

While we have procedures for segregating preparation within meals 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

Adults need around 2000 kcal a day.*

wetherspoon hotels

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

Not available* on Booking.com or any website apart from our own.

Book direct.








Our rooms* are only available at jdwetherspoon.com, on the app or by phone.

*UK hotels only.

Scan to find out more.







BREAKFAST Served 8am – 12 noon

Large breakfast 1320 kcal	6.09
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 774 kcal	3.79
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	2.89
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
.....	
Add: Black pudding (178 kcal) 80p	
Freedom breakfast 581 kcal	2.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast  1075 kcal	6.09
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  729 kcal	3.79
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast   281 kcal	2.89
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast   416 kcal	2.89
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	

Tea and toast

Includes tea, coffee or hot chocolate. Free refills*

























	with drink	without drink
Two slices of toast with jam or marmalade	2.49	1.99
 458 kcal. White bloomer bread		











Breakfast butties and wraps	
Bacon butty 574 kcal	2.69
Three back bacon rashers, buttered white bloomer bread	
Sausage butty 714 kcal	2.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty  520 kcal	2.69
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread   414 kcal	
Breakfast wrap 724 kcal	4.51
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap  715 kcal	4.51
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal

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

Egg & cheese muffin  280 kcal	2.49
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  346 kcal	2.69
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  449 kcal	2.69
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin  352 kcal	2.69
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 514 kcal	2.89
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
.....	
Add: Hash brown  (82 kcal) 51p	

Eggs Benedict 756 kcal	5.29
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict  667 kcal	5.29
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 970 kcal	5.29
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
American-style pancakes – choose:	
Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.  694 kcal	5.14
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	5.14
Four pancakes, maple-flavour syrup.  554 kcal	4.45
Small American-style pancakes – choose:	
Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal	3.69
Two pancakes, maple-flavour syrup.   277 kcal	3.40
Scrambled egg on toast  570 kcal	2.79
Three eggs, buttered white bloomer toast	
Beans on toast  566 kcal. Buttered white bloomer toast	2.79
Vegan option available with vegan spread   460 kcal	
Small beans on toast   252 kcal. Buttered white bloomer toast	2.29
Fresh fruit   186 kcal. Apple, banana, blueberries, strawberries	2.99
Fresh fruit and yoghurt   320 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Porridge   253 kcal (plain)	1.99
Add: Banana  (110 kcal) 60p ; Strawberries  (14 kcal) 60p	
Blueberries  (17 kcal) 60p ; Honey  (152 kcal) 30p	
Sliced apple  (46 kcal) 60p ; Maple-flavour syrup  (104 kcal) 30p	

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


Tea, coffee and hot chocolate

FREE REFILLS

TEA, COFFEE AND HOT CHOCOLATE




— ALL DAY EVERY DAY —

LAVAZZA TORINO, ITALIA, 1895



£1.29 each

Biscuits

Walkers shortbread  151 kcal	71p
Stem ginger biscuit  123 kcal	
Belgian chocolate biscuit  129 kcal	

for the facts drinkaware.co.uk jdwetherspoon.com

FOOD

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

The Lord Caradoc

Port Talbot



This pub bears the name of Caradoc ap Iestyn, first of the Lords of Afan, who built a wooden stronghold here in the mid 12th century. Before World War II, this site was occupied by a gentlemen's outfitters. After the war, it expanded to include a ladies' wear section. The business closed down in the 1980s.

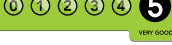
 **TABLE SERVICE**

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Order food and/or drinks • Search for a pub • Book a hotel • Save your favourites • Find an ale



<p>FOOD HYGIENE RATING</p> <p> 5</p> <p>very good</p>	<p>Food hygiene rating</p> <p>We have been awarded the maximum food hygiene rating of 5 in this pub.</p>	<p>Sustainable fish</p> <p>The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.</p>
<p>Sustainable Restaurant Association</p> <p>Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.</p>	<p>Free-range eggs</p> <p>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.</p>	









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Adults need around 2000 kcal a day.*

goodfoodtalks



opening menus for everybody

The spoken menu app for the visually impaired

Breakfast 8am – 12 noon	Traditional breakfast £3.79
Tea, coffee and hot chocolate Free refills	£1.29 each
Wings, bites and strips Mix and match £2.99 each	
2 for £5.49 3 for £7.49	
Small plates Mix and match 3 for £14.99	
Deli Deals® INCLUDES A DRINK*   Featuring southern-fried chicken wrap just-a-wrap, without a drink £4.82	
soft drink* £6.00	alcoholic drink* £7.53
Afternoon deals INCLUDES A DRINK*   Mon - Fri, 2pm - 5pm Featuring small freshly battered fish and chips	
from soft drink* £6.59	from alcoholic drink* £8.12
Burger meals INCLUDES A DRINK*   Featuring the classic burger	
soft drink* £7.69	alcoholic drink* £9.22
INCLUDES A DRINK*   Choose from over 150 drinks	

100% UK AND IRISH BEEF

LAVAZZA TORINO, ITALIA, 1895



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.

wetherspoon hotels

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FREE Wi-Fi

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


















Small plates | 3 for £14.99

8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.		
Margherita  	475 kcal. Mozzarella, fresh basil	6.16
NEW Spicy chicken 	706 kcal	6.76
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni 	556 kcal. Mozzarella, pepperoni	6.76
Ham and mushroom	512 kcal. Mozzarella, ham, mushroom, rocket	6.76
BBQ chicken	562 kcal	6.76
Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Roasted vegetable 	522 kcal	6.76
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil		
Vegan roasted vegetable   	358 kcal	6.76
Mushroom, roasted pepper, courgette, onion, fresh basil		
Spicy meat feast 	606 kcal	7.34
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		
11" garlic pizza bread 	778 kcal	5.82
Nachos  	768 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.06
Bowl of chips 	964 kcal	3.99
Bowl of chips with curry sauce 	1082 kcal	5.39
Cheesy chips 	1256 kcal	5.49
Loaded chips	1303 kcal. Cheese, maple-cured bacon, sour cream	5.79
NEW Shawarma-chicken-topped chips 	1387 kcal	5.79
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces		
Halloumi-style fries   	458 kcal. Sweet chilli sauce	5.21
Chicken bites  	403 kcal	6.16
Ten battered chicken breast pieces, BBQ sauce		
Southern-fried chicken strips 	547 kcal	6.06
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze		
Chicken wings 	1113 kcal. Ten spicy chicken wings, Naga chilli sauce	6.51
Quorn™ nuggets   	345 kcal	5.44
Eight coated pieces, sweet chilli sauce		








Wings, bites and strips


Mix and match		
Five chicken wings  	445 kcal	2.99 each
Spicy chicken wings		
Five chicken bites 	161 kcal	2 for 5.49
Battered chicken breast pieces		
Three southern-fried chicken strips  	276 kcal	3 for 7.49
Chicken breast strips		
Five Quorn™ nuggets   	177 kcal. Five coated pieces	
Add: Sweet chilli sauce   (62 kcal)		
Naga chilli sauce   (136 kcal); BBQ sauce  (83 kcal)		99p each
Jack Daniel's® Tennessee Honey glaze  (87 kcal)		
Chipotle mayo   (150 kcal); Blue cheese sauce  (270 kcal)		
Garlic & herb dip  (301 kcal)		

Deli Deals® INCLUDES A DRINK*  





All wraps, paninis and 8" pizzas are freshly made to order.		
12" wraps (just-a-wrap, without a drink 4.82 each)		
NEW Brunch wrap	741 kcal	
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese		
NEW Vegetarian brunch wrap 	622 kcal	
Two fried eggs, two vegan sausages, Cheddar cheese		
Shawarma chicken 	712 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket		
Quorn™ nuggets   	490 kcal	soft drink* 6.00 each
Salad leaves, tomato, cucumber, salsa		
Southern-fried chicken  	623 kcal	alcoholic drink* 7.53 each
Salad leaves, smoky chipotle mayo		
Cold chicken breast  	485 kcal	
Salad leaves, sweet chilli sauce		
Fried halloumi-style cheese  	727 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber		
Paninis		
Cheddar cheese and tomato 	604 kcal	
Wiltshire cured ham and Cheddar cheese	580 kcal	
BBQ chicken, bacon and Cheddar cheese 	576 kcal	
Tuna mayo and Cheddar cheese	581 kcal	
8" pizzas		
Choose any 8" pizza from the small plates section.		
Add: Side salad  (111 kcal); Spicy rice   (203 kcal); Chips  (602 kcal)	1.54 each	






Burgers INCLUDES A DRINK*  

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 111 kcal).		
With red onion, gherkin, ketchup, American-style mustard.		
American	529 kcal	soft drink* 7.69
6oz beef patty		alcoholic drink* 9.22
American cheese	597 kcal	soft drink* 8.28
6oz beef patty, American-style cheese		alcoholic drink* 9.81
Served with chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
With iceberg lettuce, tomato, red onion.		
The classic burger	540 kcal	
6oz beef patty		soft drink* 7.69 each
Fried buttermilk chicken	646 kcal	alcoholic drink* 9.22 each
Breaded whole chicken breast fillet		
The plant burger 	537 kcal	
Plant-based patty, garlic & herb sauce		
Halloumi-style cheese and sweet chilli  	638 kcal	
Fried halloumi-style cheese, sweet chilli sauce		
Served with chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
Crunchy chicken 	440 kcal	soft drink* 5.41 each
Two southern-fried chicken strips, iceberg lettuce, mayonnaise		alcoholic drink* 6.94 each











NEW Korean fried chicken 	376 kcal
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce	

Gourmet burgers INCLUDES A DRINK*  













Served with six beer-battered onion rings (add 269 kcal) and chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
With iceberg lettuce, tomato, red onion.		
NEW The Big Smoke	soft drink* 10.19	
Pulled BBQ beef brisket, American-style cheese, maple-cured bacon	alcoholic drink* 11.72	
Choose: Beef (6oz beef patty) 1170 kcal		
Fried buttermilk chicken 1310 kcal		
NEW Cheese meltdown		
American-style cheese, smothered with Emmental & Cheddar cheese sauce		
Choose: Beef (6oz beef patty) 732 kcal		
Fried buttermilk chicken 839 kcal		
NEW Buffalo  	819 kcal	soft drink* 9.89 each
Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing		alcoholic drink* 11.42 each
NEW BBQ stack 	439 kcal	
Plant-based patty, stacked with six onion rings and covered with BBQ sauce		
The ultimate burger	851 kcal	
6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin		
Tennessee		
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze		
Choose: Beef (6oz beef patty) 719 kcal		
Fried buttermilk chicken 855 kcal		
NEW The Empire State	1038 kcal	soft drink* 11.35
Two 6oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard		alcoholic drink* 12.88







Additional toppings		
Sliced pickled gherkins 	11 kcal	50p
BBQ sauce 	11 kcal	99p
Maple-cured bacon with Cheddar cheese	173 kcal	2.24
Maple-cured bacon with American-style cheese	160 kcal	2.24
Cheddar cheese 	82 kcal	
American-style cheese 	69 kcal	
Maple-cured bacon	91 kcal	
Crunchy chicken strip 	92 kcal	each 1.62
Additional burger patties		
6oz beef patty	337 kcal	2.34
Fried buttermilk chicken	473 kcal	
Fried halloumi-style cheese 	347 kcal	
Plant-based patty 	152 kcal	each 2.07

Chicken INCLUDES A DRINK*  






Sticky Korean fried chicken bowl 		
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies		
Choose: Coconut-flavour rice 	866 kcal; Chips 1234 kcal	soft drink* 7.98 each
Sticky Korean fried Quorn™ 'no chicken' bowl  		
Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies		
Choose: Coconut-flavour rice 	712 kcal; Chips 1080 kcal	alcoholic drink* 9.51 each
Boneless basket 		
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce		
Choose: Side salad 720 kcal; Spicy rice 856 kcal; Chips 1255 kcal		
Chicken bites basket		
Ten battered chicken breast pieces, coleslaw, BBQ sauce		
Choose: Side salad 622 kcal; Spicy rice  758 kcal; Chips 1157 kcal		soft drink* 7.98 each
Southern-fried chicken strips basket 		
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze		
Choose: Side salad 747 kcal; Spicy rice 883 kcal; Chips 1282 kcal		alcoholic drink* 9.51 each
Quorn™ 'no chicken' nuggets basket  		
Eight coated pieces, coleslaw, sweet chilli sauce		
Choose: Side salad 520 kcal; Spicy rice 657 kcal; Chips 1056 kcal		

Curries INCLUDES A DRINK*  

Classic curries With basmati pilau rice, plain naan and poppadums.		
Sweet potato, chickpea & spinach curry   		
Chicken tikka masala 	1036 kcal	soft drink* 10.34 each
Chicken jalfrezi  	923 kcal	alcoholic drink* 11.87 each
The Flaming Dragon chicken curry     		
Change your plain naan to a garlic naan  (add 92 kcal) 52p		

Simple curries With basmati pilau rice or chips.		
Simple sweet potato, chickpea & spinach curry  		
Choose: Basmati pilau rice 557 kcal; Chips 959 kcal		
Simple chicken tikka masala 	soft drink* 8.12 each	alcoholic drink* 9.65 each
Choose: Basmati pilau rice 676 kcal; Chips 1079 kcal		
Simple chicken jalfrezi  	soft drink* 8.12 each	alcoholic drink* 9.65 each
Choose: Basmati pilau rice  564 kcal; Chips 966 kcal		










Simple Flaming Dragon chicken curry     		
Choose: Basmati pilau rice  540 kcal; Chips 942 kcal		
Add: One vegetable samosa and two onion bhajis   (295 kcal) 1.86		
Two plain poppadums  (86 kcal) 52p		

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.		
Katsu grilled chicken curry  	542 kcal	
Sliced chicken breast		soft drink* 9.23 each
Katsu Quorn™ nugget curry  	638 kcal	alcoholic drink* 10.76 each
Eight coated pieces		
Katsu chicken curry 	828 kcal	
Sliced whole breaded chicken breast fillet		


Curry Club® Thursday 11.30am - 11pm

Featuring chicken korma - see Curry Club® menu for full range.		
soft drink* 8.46	alcoholic drink* 9.99	

Jacket potatoes INCLUDES A DRINK*  

With side salad and one filling. Extra fillings 1.32 each.		
Tuna mayo	594 kcal	soft drink* 7.35 each
Coleslaw 	561 kcal	alcoholic drink* 8.88 each
Cheese 	587 kcal	
Baked beans  	484 kcal	
Chilli bean non-carne   	444 kcal	
Roasted vegetables  	385 kcal	

Pub classics INCLUDES A DRINK*  

Freshly battered fish and chips		
Cod, peas 1251 kcal, mushy peas 1308 kcal or baked beans 1247 kcal		
Whitby breaded scampi	10.58	12.11
Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi		
Add: Two slices of bread  (383 kcal) 1.44		