

## 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		
<b>NEW</b> Five chicken breast bites	161 kcal	2.99		
Eight Whitby breaded scampi	464 kcal	5.19		
Grilled halloumi-style cheese	447 kcal	2.07		
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		
Colestlaw	399 kcal	1.50		
Sliced chillies	3 kcal	93p		
Chicken gravy	50 kcal	99p		
Onion rings	Six 269 kcal	2.43	Twelve 538 kcal	3.65
Garlic pizza bread	8* 386 kcal	4.55	11* 772 kcal	5.72
With cheese	8* 473 kcal	5.13	11* 922 kcal	6.59

## Desserts

<b>NEW</b> Salted caramel sticky toffee pudding	5.14
Vanilla ice cream	877 kcal or custard 741 kcal
<b>NEW</b> Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal. Vanilla ice cream
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	537 kcal
Vanilla ice cream	673 kcal or custard 537 kcal
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard (134 kcal) 1.33. Vanilla ice cream scoop (135 kcal) 99p	
Belgian chocolate sauce (61 kcal) 47p. Toffee sauce (66 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% 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

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	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	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	2.99
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	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	252 kcal (plain)	1.99
Add: Banana (110 kcal) 60p. Maple-flavour syrup (125 kcal) 30p		
Strawberries (27 kcal) 60p. Blueberries (17 kcal) 60p		
Honey (91 kcal) 30p. Sliced apple (46 kcal) 60p		

## Tea and toast

Includes tea, coffee or hot chocolate. Free refills*		
Two slices of toast with jam or marmalade	with drink	without drink
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	541 kcal	2.69
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	435 kcal	
Breakfast wrap	724 kcal	4.51
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	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	249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	482 kcal	3.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	271 kcal	3.99
Guacamole, pico de gallo, on an English muffin, rocket		
Add: Maple-cured bacon (91 kcal) 1.62. Poached egg (63 kcal) 98p		
Grilled halloumi-style cheese (447 kcal) 2.07		
Add: Hash brown (82 kcal) 51p		

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. \*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 120 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 120; 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)

## Served 8am - 12 noon

<b>NEW</b> Fiesta brunch	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	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		
<b>NEW</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 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		
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	2.99
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	2.99
<b>NEW</b> Vegan option available with vegan spread	460 kcal	2.49
Small beans on toast	252 kcal	2.49
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	1.99
White bloomer bread		
Fresh fruit	200 kcal	2.99
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

## Breakfast extras

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

## Tea, coffee and hot chocolate

### FREE REFILLS

### TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —

100% ARABICA BEANS

100% IRISH

SOCIETA' COFFEE

## £1.71 each

Flat white 92 kcal  
Cappuccino 102 kcal  
Latte 113 kcal  
Mocha 147 kcal  
Espresso 6 kcal  
Black coffee 6 kcal  
White coffee 24 kcal  
Hot chocolate 169 kcal

Tea with semi-skimmed milk 14 kcal  
Dairy alternative: oat sachet 4 kcal  
Decaffeinated tea and coffee available.

<b>Biscuits</b>
Walkers shortbread 151 kcal 71p
Stem ginger biscuit 123 kcal 71p
Belgian chocolate biscuit 129 kcal 71p
Salted caramel brownie bar 316 kcal 1.64

for the facts [drinkaware.co.uk](http://drinkaware.co.uk) [jdwetherspoon.com](http://jdwetherspoon.com)

# FOOD

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



## The Red Lion

Bitterne Village, Southampton

For many years, the triangular plot in front of The Red Lion was the landlord's garden. It was also a traffic bottleneck, 'Bitterne Fork', where the rural High Street (now Bitterne Road) was joined by a country lane (Bursledon Road). The V-shaped fork has long been replaced by a pedestrian precinct. The Red Lion remains, built in the 1860s, in front of an earlier pub of the same name. The original Red Lion, from the 1830s, was a coaching inn.

### 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

5

**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.

**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.

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

<b>Breakfast</b> 8am - 12 noon	Traditional breakfast <b>£4.99</b>
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<b>Tea, coffee and hot chocolate</b> <b>Free refills</b>	£1.71 each
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### Deli Deals

INCLUDES A DRINK

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

## £3.23

soft drink*	alcoholic drink*
<b>£4.41</b>	<b>£5.94</b>

### Burger meals

INCLUDES A DRINK

Featuring 3oz American burger

soft drink*	alcoholic drink*
<b>£5.74</b>	<b>£7.27</b>

### Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink*	alcoholic drink*
<b>£6.39</b>	<b>£7.92</b>

### Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink*	alcoholic drink*
<b>£9.97</b>	<b>£11.50</b>

### Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink*	alcoholic drink*
<b>£8.21</b>	<b>£9.74</b>

INCLUDES A DRINK  
Choose from over 150 drinks

**LAVAZZA**

100% ARABICA BEANS

**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.

**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 [jdwetherspoon.com](http://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.**

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

<b>NEW Char-grilled halloumi-style cheese</b>  514 kcal Rocket, roasted pepper, courgette, onion, salsa	<b>5.11</b>
<b>11" garlic pizza bread</b>  772 kcal	<b>5.72</b>
<b>Nachos</b>   695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	<b>5.96</b>
<b>Bowl of chips</b>  964 kcal	<b>3.99</b>
<b>Bowl of chips with curry sauce</b>  1082 kcal	<b>5.29</b>
<b>Cheesy chips</b>  1256 kcal	<b>5.49</b>
<b>Loaded chips</b> 1303 kcal. Cheese, maple-cured bacon, sour cream	<b>5.79</b>
<b>Tomato &amp; basil soup</b>  <small>5% UNDER 500</small> 374 kcal. White bloomer bread	<b>4.38</b>


**NEW** Vegan option available with vegan spread  5% UNDER 500 285 kcal

With any of the small plates below, choose one dip:







Sweet chilli  37 kcal; Sticky soy  100 kcal; Naga chilli   136 kcal	
Jack Daniel's® Tennessee Honey glaze  87 kcal; Chipotle mayo   150 kcal	
Blue cheese  270 kcal; BBQ sauce  83 kcal	
<b>Halloumi-style fries</b>  <small>UNDER 500</small> 396 kcal	<b>5.11</b>
<b>Chicken bites</b> <small>UNDER 500</small> 322 kcal. Ten battered chicken breast pieces	<b>6.24</b>
<b>Southern-fried chicken strips</b> <small>UNDER 500</small> 459 kcal. Five chicken breast strips	<b>6.24</b>
<b>Chicken wings</b>  813 kcal. Ten spicy chicken wings	<b>6.90</b>
<b>Quorn™ nuggets</b>  <small>UNDER 500</small> 331 kcal. Eight coated pieces	<b>5.34</b>

## Deli Deals


All wraps and paninis are freshly made to order.

<b>NEW 10" wraps</b> A smaller wrap and filling.	
<b>Small brunch wrap</b> 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink <b>3.23</b> each
<b>Small vegetarian brunch wrap</b>  545 kcal Fried egg, two vegan sausages, Cheddar cheese	soft drink* <b>4.41</b> each
<b>Small shawarma chicken</b>  502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	alcoholic drink* <b>5.94</b> each
<b>Small Quorn™ nuggets</b>  <small>UNDER 500</small> 310 kcal Salad leaves, tomato, cucumber, salsa	
<b>Small southern-fried chicken</b>  <small>UNDER 500</small> 399 kcal Salad leaves, smoky chipotle mayo	
<b>Small cold chicken breast</b>   <small>UNDER 500</small> 277 kcal Salad leaves, sweet chilli sauce	
<b>Small fried halloumi-style cheese</b>   <small>UNDER 500</small> 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad  (46 kcal); Small portion of chips  (329 kcal) <b>1.13</b> each	


### 12" wraps

<b>NEW Shawarma chicken</b>  719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
<b>Quorn™ nuggets</b>  508 kcal. Tomato, cucumber, salsa	
<b>Southern-fried chicken</b>  609 kcal Salad leaves, smoky chipotle mayo	
<b>Cold chicken breast</b>   479 kcal Salad leaves, sweet chilli sauce	soft drink* <b>6.00</b> each
<b>Fried halloumi-style cheese</b>   707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink* <b>7.53</b> each

### Paninis

<b>Tuna mayo and Cheddar cheese</b> 590 kcal	
<b>Cheddar cheese and tomato</b>  527 kcal	
<b>Wiltshire cured ham and Cheddar cheese</b> 508 kcal	
<b>BBQ chicken, bacon and Cheddar cheese</b> 586 kcal	

**8" pizzas on a freshly baked sourdough base**  
Choose any 8" pizza from the small plates section.

Add: Side salad  (91 kcal); Tomato & basil soup  (150 kcal)	
Spicy rice  (208 kcal); Chips  (602 kcal) <b>1.54</b> each	

Adults need around 2000 kcal a day.<sup>9</sup>

## Burgers

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).

<b>American burger</b> 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>5.74</b> each	alcoholic drink* <b>7.27</b> each
<b>Classic beef burger</b> 677 kcal Iceberg lettuce, tomato, red onion		
<b>Skinny beef burger</b> <small>UNDER 500</small> 375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips		

<b>American cheese burger</b> 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>6.34</b>	alcoholic drink* <b>7.87</b>
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**Double beef burgers** Two 3oz beef patties.  
Served with chips (602 kcal, included in Calories below).

<b>Double American burger</b> 1138 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>8.03</b> each	alcoholic drink* <b>9.56</b> each
<b>Double classic beef burger</b> 1119 kcal Iceberg lettuce, tomato, red onion		

<b>Double American cheese burger</b> 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>8.60</b>	alcoholic drink* <b>10.13</b>
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### Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below).

<b>Crunchy chicken strip burger</b>  776 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	soft drink* <b>5.74</b>	alcoholic drink* <b>7.27</b>
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Served with chips (602 kcal, included in Calories below).

<b>Fried buttermilk chicken burger</b> 1255 kcal Breaded whole chicken breast fillet	soft drink* <b>8.03</b> each	alcoholic drink* <b>9.56</b> each
<b>Char-grilled chicken breast burger</b> 970 kcal		
<b>Skinny chicken burger</b> <small>5% UNDER 500</small> 394 kcal Char-grilled chicken breast, with a side salad, instead of chips		

### Meat-free burgers

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

<b>Beyond Burger™</b>  1043 kcal  BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* <b>8.03</b> each	alcoholic drink* <b>9.56</b> each
<b>Breaded vegetable burger</b>  1039 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese		
<b>Fried halloumi-style cheese burger</b>   1118 kcal. Sweet chilli sauce		







### Just-a-burger

Served on its own, without chips or a drink. each 3.51











<b>American burger</b> <small>UNDER 500</small> 367 kcal Red onion, gherkin, ketchup, American-style mustard	
<b>Crunchy chicken strip burger</b>  <small>UNDER 500</small> 447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	

## Curries

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

<b>Mangalorean roasted cauliflower &amp; spinach curry</b>   927 kcal	
<b>Chicken tikka masala</b>  1190 kcal	soft drink* <b>10.14</b> each
<b>Chicken jalfrezi</b>  <small>5% UNDER 500</small> 935 kcal	alcoholic drink* <b>11.67</b> each
<b>Beef Madras</b>  1043 kcal	
<b>Change your plain naan to a garlic naan</b>  (add 92 kcal) <b>52p</b>	

**Simple curries** With basmati pilau rice or chips.

<b>Simple Mangalorean roasted cauliflower &amp; spinach curry</b>   927 kcal Choose: Basmati pilau rice  568 kcal; Chips 970 kcal	
<b>Simple chicken tikka masala</b>  1190 kcal Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* <b>7.92</b> each
<b>Simple chicken jalfrezi</b>  935 kcal Choose: Basmati pilau rice  575 kcal; Chips 977 kcal	alcoholic drink* <b>9.45</b> each
<b>Simple beef Madras</b>  1043 kcal Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	
Add: One vegetable samosa and two onion bhajis   (293 kcal) <b>1.86</b> Two plain poppadums  (86 kcal) <b>52p</b>	

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

<b>Katsu grilled chicken curry</b> <small>5% UNDER 500</small> 542 kcal Sliced char-grilled chicken breast	
<b>Katsu Quorn™ nugget curry</b>  686 kcal Eight coated pieces	soft drink* <b>9.03</b> each
<b>Katsu chicken curry</b> 828 kcal Sliced whole breaded chicken breast fillet	alcoholic drink* <b>10.56</b> each

### Gourmet burgers

Served with chips, six onion rings (871 kcal, included in Calories below).

<b>Ultimate burger</b> 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	soft drink* <b>10.23</b> each
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<b>Tennessee burger</b> Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	
<b>Choose: Beef</b> (two 3oz beef patties) 1567 kcal	
<b>Char-grilled chicken breast</b> 1417 kcal	
<b>Fried buttermilk chicken</b> 1703 kcal	


### BBQ burger

Maple-cured bacon, Cheddar cheese, BBQ sauce	
<b>Choose: Beef</b> (two 3oz beef patties) 1644 kcal	
<b>Char-grilled chicken breast</b> 1494 kcal	
<b>Fried buttermilk chicken</b> 1780 kcal	

### Heatwave burger




Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing	
<b>Choose: Char-grilled chicken breast</b> 1722 kcal	
<b>Fried buttermilk chicken</b> 2007 kcal	

### Fiesta burger 1380 kcal





 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

<b>Triple American cheese &amp; bacon burger</b> 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>11.68</b>	alcoholic drink* <b>13.21</b>
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### Additional toppings and burger patties

<b>Maple-cured bacon with Cheddar cheese</b> 173 kcal	<b>2.24</b>
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	<b>2.24</b>
<b>Cheddar cheese</b>  82 kcal	<b>1.62</b>
<b>American-style cheese</b>  69 kcal	<b>1.62</b>
<b>Maple-cured bacon</b> 91 kcal	<b>1.62</b>
<b>Crunchy chicken strip</b>  92 kcal	<b>1.60</b>

### 3oz beef patty 168 kcal



<b>Char-grilled chicken breast</b> 187 kcal	
<b>Fried buttermilk chicken</b> 473 kcal	each <b>2.07</b>
<b>Breaded vegetable patty</b>  257 kcal	
<b>Fried halloumi-style cheese</b>  298 kcal	
 BEYOND MEAT patty  184 kcal	

## Chicken





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

<b>Peri-peri char-grilled half chicken</b>	
<b>Lemon and herb</b>  Char-grilled in a lemon & herb glaze	soft drink* <b>11.13</b> each
<b>Choose: Side salad</b> 918 kcal; Mediterranean salad 1048 kcal	
<b>Spicy rice</b> 1059 kcal; <b>Mashed potato</b> 1137 kcal; <b>Chips</b> 1453 kcal	
<b>Hot and spicy</b>  Char-grilled in a Naga chilli & citrus glaze	alcoholic drink* <b>12.66</b> each
<b>Choose: Side salad</b> 888 kcal; Mediterranean salad 1018 kcal	
<b>Spicy rice</b> 1029 kcal; <b>Mashed potato</b> 1107 kcal; <b>Chips</b> 1423 kcal	
<b>Char-grilled half chicken, mash and gravy</b> 818 kcal	
<b>Lemon &amp; herb chicken, peas, chicken gravy</b>	

### Chicken baskets

<b>Chicken wing basket</b>  Eight wings, coleslaw, Naga chilli dip	
<b>Choose: Side salad</b> 987 kcal; <b>Spicy rice</b> 1127 kcal; <b>Chips</b> 1522 kcal	
<b>Boneless basket</b>  894 kcal Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	soft drink* <b>8.98</b> each
<b>Choose: Side salad</b> 720 kcal; <b>Spicy rice</b> 861 kcal; <b>Chips</b> 1255 kcal	






### Chicken bites basket


Ten battered chicken breast pieces, coleslaw, sticky soy sauce	
<b>Choose: Side salad</b> 623 kcal; <b>Spicy rice</b>  763 kcal; <b>Chips</b> 1157 kcal	
<b>Southern-fried chicken strips basket</b>  813 kcal Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	soft drink* <b>10.51</b> each
<b>Choose: Side salad</b> 748 kcal; <b>Spicy rice</b> 888 kcal; <b>Chips</b> 1282 kcal	
<b>Quorn™ 'no chicken' nuggets basket</b>   813 kcal Eight coated pieces, coleslaw, sweet chilli sauce	

<b>Choose: Side salad</b> 569 kcal; <b>Spicy rice</b> 709 kcal; <b>Chips</b> 1104 kcal	
Add: Chicken gravy (50 kcal) <b>99p</b>	

## 11" pizzas

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

<b>Margherita</b>  934 kcal. Mozzarella, basil	soft drink* <b>8.98</b>	alcoholic drink* <b>10.51</b>
<b>Pepperoni</b>  1151 kcal. Mozzarella, pepperoni		
<b>Ham and mushroom</b> 1011 kcal Mozzarella, ham, mushroom, rocket	soft drink* <b>10.14</b> each	
<b>BBQ chicken</b> 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* <b>11.67</b> each	
<b>Roasted vegetable</b>  1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
<b>Vegan roasted vegetable</b>   709 kcal Mushroom, roasted pepper, courgette, onion, basil		

<b>Spicy meat feast</b>  1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>11.32</b>	<b>12.85</b>
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### Additional toppings

<b>Red onion</b>  10 kcal; <b>Sliced chillies</b>    
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