Desserts

Desserts	
NEW Giant profiterole V (1987) 433 kcal Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry	6.44
NEW Salted caramel sticky toffee pudding V 877 kcal Vanilla ice cream	6.72
NEW Millionaire's shortbread V (555) 409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	3.11
Vanilla ice cream (V) (557) 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.76
Cookie crunch 🛿 뻀 364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.76
Mini warm chocolate brownie V 5 kcal Belgian chocolate sauce, vanilla ice cream	3.89
Mini warm cookie dough sandwich 👽 🐻 431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.89
Fresh fruit (V) (3) (337) 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	5.70
Warm chocolate fudge cake 909 kcal Vanilla ice cream	6.44
Warm chocolate brownie 736 kcal Belgian chocolate sauce, vanilla ice cream	6.44
Warm cookie dough sandwich 🔮 727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	6.44
British Bramley apple crumble V 673 kcal Vanilla ice cream	6.72

Add: Vanilla ice cream scoop 💟 (135 kcal) 99p; Toffee sauce 💟 (66 kcal) 47p Belgian chocolate sauce (61 kcal) 47p; Banana (61 kcal) 60p Strawberries (27 kcal) 60p; Blueberries (27 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 Øvegan 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.§

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Served BREAKFAST 7.30am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	8.38
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of t	6.71 oast
Small breakfast (556) 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	5.83
Add: Black pudding (178 kcal) 80p	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.83
Large vegetarian breakfast (*) 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.38
Vegetarian breakfast V 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.71
Small vegetarian breakfast ⊘ ⊗ (566) 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	5.83
Vegan breakfast ∅ 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.83
Porridge V 😵 🐨 252 kcal (plain) Add: Banana 🥥 (110 kcal) 60p: Strawberries 🥥 (27 kcal) 60p Blueberries ⊘ (17 kcal) 60p: Honey V (91 kcal) 30p Sliced apple Ø (46 kcal) 60p	2.49

Breakfast extras

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

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.69
Sausage butty 714 kcal	4.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty V 541 kcal	4.69
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread 🥏 🧐 🗺 435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills			
Egg & cheese muffin ♥ (557) 249 kcal 4 Fried egg, American-style cheese, in an English muffin 4	. .93		
Egg & bacon muffin (****) 314 kcal 5 Fried egg, bacon, American-style cheese, in an English muffin 5	5.39		
Egg & sausage muffin (555) 417 kcal 5 Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	5.39		
Egg & vegetarian sausage muffin ♥ (56) 330 kcal 5 Fried egg, vegan sausage, American-style cheese, in an English muffin	5.39		
Breakfast muffin (1997) 482 kcal 5 Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	5.61		
•••••••••••••••••••••••••••••••••••••••			

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: jdwetherspoon.com ^oOffer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. ^sStatement of daily Calorie needs from the Department of Health & Social Care. ¹¹Excluding 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 al free houses except Northern Ireland (35ml)

7.06 Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket 7.06 Mushroom Benedict 💟 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	7.06
NEW Hash brown basket 🥥 뻀 410 kcal	2.14
Scrambled egg on toast 🔮 570 kcal Three eggs, buttered white bloomer toast	5.39
Beans on toast 🔍 😵 566 kcal Buttered white bloomer toast NIXW Vegan option available with vegan spread 🥏 😵 🍪 460 kcal	4.40
Small beans on toast (V 58 (555) 252 kcal Buttered white bloomer toast	3.27
Two slices of toast with jam or marmalade 🖤 524 kcal White bloomer bread	3.19
Fresh fruit @ 😵 (555) 200 kcal Apple, banana, blueberries, strawberries	3.99
NEW Fresh fruit and yoghurt () 58 (555) 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.49

1.73	Two grilled tomato halves 🥏 16 kcal	57p
98p		
98p		
ast wran 77	/ kcal	6.10
	98p 98p	98p

Fried egg, bacon, Lincolnshire sausage,	
hash brown, Cheddar cheese	
Vegetarian breakfast wrap V 735 kcal	6.10
Fried egg, two vegan sausages, two hash browns,	
Cheddar cheese	

-Tea, coffee and hot chocolate -



Flat white **W** 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 98p

98p

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

Biscuits Walkers shortbread 🔍 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

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Adults need around 2000 kcal a day.§





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Small plates Any 3 for c14 99

Small plates Any 3 lor £14.99	
8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.	
Margherita 💟 ‱ 467 kcal. Mozzarella, basil	7.12
Pepperoni 🌮 575 kcal. Mozzarella, pepperoni	7.69
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	7.69
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.69
Roasted vegetable V 514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.69
Roasted vegetable and vegan cheeze @ 53 555 416 kcal Mushroom, roasted pepper, courgette, onion, basil	7.69
Spicy meat feast /// 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	8.26
11" garlic pizza bread 🖤 772 kcal	6.10
Nachos /// 👽 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.86
Bowl of chips Ø 964 kcal	4.49
Bowl of chips with curry sauce @ 1082 kcal	5.79
Cheesy chips 💟 1256 kcal	5.99
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.29
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 kc Blue cheese ♥ 270 kcal; BBQ sauce @ 83 kcal	
Halloumi-style fries 💟 ទ 396 kcal	6.74
Chicken bites 📷 322 kcal. Ten battered chicken breast pieces	7.03
Southern-fried chicken strips / 🚟 459 kcal. Five chicken breast strips	6.97
Chicken wings /// 813 kcal. Ten spicy chicken wings	7.74

Deli Deals Includes A DRINK

Quorn[™] nuggets Ø 🚟 331 kcal. Eight coated pieces

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	just-a-wrap,
Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese	without a drink 5.35 each
Small shawarma chicken 💋 502 kcal	00011
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* 6.53
Small Quorn [™] nuggets ⊘ 🥽 310 kcal Salad leaves, tomato, cucumber, salsa	each alcoholic drink*
Small southern-fried chicken 🕬 🐨 399 kcal Salad leaves, smoky chipotle mayo	8.15 each
Small fried halloumi-style cheese // O (391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad (346 kcal); Small portion of chips (329 kcal)	1.13 each

12["] wraps

Shawarma chicken **F** 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Quorn[™] nuggets Ø ፼ 508 kcal. Tomato, cucumber, salsa Southorn fried chickon

Southern-fried chicken /// 609 kcal Salad leaves, smoky chipotle mayo	
Fried halloumi-style cheese FF V 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	

Paninis

NEW Roasted vegetable and vegan cheeze @ 480 kcal Cheddar cheese and tomato V 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal

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

Add: Side salad ⊘ (91 kcal); Spicy rice 🥥 (208 kcal) Chips @ (602 kcal) 1.54 each

Burgers Includes A DRINK

Beef burgers made with 100% British b	eef, freshl	y cooked to	order. Traceable from farm to fork.
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).	Gourmet burgers Served with chips, six onion rings
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	soft drink* 7.89 each	alcoholic drink* 9.51 each	Ultimate burger 1656 kcal Two 3oz beef patties, maple-cured baco signature burger sauce, gherkin
Skinny beef burger (375 kcal Iceberg lettuce, tomato, red onion, with a side salad, inste	ead of chips		Tennessee burger Maple-cured bacon, Jack Daniel's® Tenn
American cheese burger 730 kcal		oft drink* 8.46	Choose: Beef (two 3oz beef natties) 1567 kcal

American-style cheese, red dhidh, gherkin, ketchup, American-style mustard	diculiu	
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories I	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* 10.11 each	alcoholic drink* 11.73 each
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 10.67 alcoholic drink* 12.29	

Chicken burgers

6.59

soft drink* 8.12

each

alcoholic drink*

9.74

each

Served with a small portion of chips (329 kcal, inclu Crunchy chicken strip burger / 776 kcal Iwo southern-fried chicken strips, iceberg lettuce, mayon	s naise alcoho	oft drink* 7.89 Ilic drink* 9.5 1	7 	
Served with chips (602 kcal, included in Calories below).		oft drink* 10.1 1	I	
Meat-free burgers Served with chips (602 kcal, included in Calories below). Beyond Burger™ ∅ 1043 kcal				
BEYOND MEAT plant-based patty, ceberg lettuce, garlic & herb sauce	soft drink* 10.11	alcoholic drink* 11.73		
Fried halloumi-style cheese burger	each	each		
Just-a-burger Served on its own, without chips or a drink.		each 6.19	?	

American burger 1 367 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger **F** (1986) 447 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Curries includes a drink

Classic curries

With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower

& spinach curry **//** @ 38927 kcal

Chicken tikka masala 🗾 1190 kcal

soft drink*	alcoholic drink
12.08	13.70
each	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 😳 542 kcal Sliced chicken breast

Katsu Quorn[™] nugget curry Ø 686 kcal Eight coated pieces

Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet



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 Fried buttermilk chicken 1703 kcal

BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Fried buttermilk chicken 1780 kcal

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* 13.67	
	alcoholic drink* 15.29	

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 💟 82 kcal	1.62
American-style cheese V 69 kcal	1.62
NEW Vegan cheeze 🞯 57 kcal	1.62
Maple-cured bacon 91 kcal	1.62
Crunchy chicken strip 🖉 92 kcal	1.60
3oz beef patty 168 kcal	
Fried buttermilk chicken 473 kcal	each 2.07
Fried halloumi-style cheese V 298 kcal	
🎧 BEYOND MEAT patty 🥥 184 kcal	

Chicken Includes A DRINK

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

Peri-peri char-grilled half chicken

Lemon and herb /	soft drink*
Char-grilled in a lemon & herb glaze	13.05
Coleslaw, garlic & herb dip	each
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	alcoholic drink*
Spicy rice 1059 kcal; Chips 1453 kcal	14.67
Hot and spicy	each
Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal Spicy rice 1029 kcal; Chips 1423 kcal	

Chicken baskets

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 soft drink*

Chicken bites basket	soft drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	10.95
Choose: Side salad 623 kcal; Spicy rice 🚳 763 kcal; Chips 1157 kcal	each

alcoholic drink* 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 **//** ♥ Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

Fish and o Small fres

Peas 681 kcal o

soft drink*

12.26

each

alcoholic drink*

13.88

each

Small Whit Chips, peas 629 Four Whitby bre

Add: Two slices Chip shop-style

Small Wilts egg and chi

One slice of Wilt Small all-d Lincolnshire sa Add: Black pud

Small vege Two vegan saus

After Mon - Fr

Choose fro

*	Pub classics INCLUDES A DRI	NK 📢	
	Fish and chips	soft drink*	alcoholic drink*
24	Freshly battered cod and chips 🥟 Peas 1240 kcal or mushy peas 1298 kcal	12.31	13.93
24	Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	12.31	13.93
52 52 52	Add: Two slices of bread ♥ (404 kcal) 1.44 Chip shop-style curry sauce @ (118 kcal) 1.56		
50	All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans Add: Black pudding (178 kcal) 80p	11.67 , chips	13.29
)7	Vegetarian all-day brunch ♥ 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	11.67	13.29
	Steak & kidney pudding 1279 kcal Peas, onion & red wine gravy, chips	10.61	12.23
	Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	10.61	12.23
	Vegetarian bangers and mash ♥ 635 kcal Three vegan sausages, peas, onion & red wine gravy	10.61	12.23
	Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	10.04	11.66
	Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.74	11.36
*	Vegan sausages, chips and beans @ 910 kcal Three vegan sausages	9.74	11.36
	NEW Chilli bean non-carne (@) (@) (%) 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	10.61	12.23
		ft drink* al 9.59	coholic drink* 11.21

Choose from the above pub classic meals.

12.57

each

With side salad and one filling. Extra fillings 1.32 each. Coleslaw 🕥 559 kcal Cheese 💟 512 kcal soft drink* 9.25 Baked beans ⊘ 🚳 😘 482 kcal each Chilli bean non-carne 🖊 🥥 🥯 🚟 442 kcal

Small pub classics Includes A DRINK

		Ť
chips	soft drink*	alcoholic drink*
hly battered cod and chips 🤗 or mushy peas 739 kcal	10.16	11.78
tby breaded scampi 9 kcal or mushy peas 686 kcal. eaded scampi	10.16	11.78
s of bread 🕥 (404 kcal) 1.44 le curry sauce 🥥 (118 kcal) 1.56		
shire cured ham, ips ())) 455 kcal Itshire cured ham, fried egg	8.97	10.59
day brunch 681 kcal ausage, bacon, fried egg, baked beans, chips Iding (178 kcal) 80p	8.95	10.57
etarian all-day brunch 🕐 611 kcal sages, fried egg, baked beans, chips	8.95	10.57

10011 deal i, 2pm – 5pm 1 the above small pub classic meals.	soft drink* 8.46	alcoholic drink* 10.08

Jacket potatoes Includes A DRINK

alcoholic drink*

each

10.87

- Roasted vegetables ⊘ 🥯 👫 383 kcal

11 DIZZAS INCLUDES A DRINK

Sourdough base - proved, stretched, topped and freshly baked to order.soft drin soft drinMargherita © 934 kcal. Mozzarella, basil10.92		
Pepperoni 🍠 1151 kcal. Mozzarella, pepperoni		
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1097 kcal	soft drink* 12.08 each	
Mozzarella, BBQ sauce, chicken breast, red onion, rocket Roasted vegetable V 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Roasted vegetable and vegan cheeze Ø S 829 kcal	alcoholic drink* 13.70 each	
Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast //// 1214 kcal 13.22 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	2 14.84	
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	

each **1.63**

Noodles, salads and pastas INCLUDES A DRINK

Pepperoni 📂 109 kcal; Roasted vegetables 🥥 90 kcal

Ramen noodle bowl // @ 38 (555) 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Chicken breast (93 kcal) 1.25 Poached egg (63 kcal) 98p	soft drink* ald 9.29	coholic drink* 10.91
Chicken & maple-cured bacon salad Choose: Chicken breast (300) 283 kcal Southern-fried chicken breast strips (300) 465 kcal	10.99	12.61
Mediterranean salad (2) (334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables (2) (90 kcal) 1.63 Chicken breast (187 kcal) 2.07	9.99	11.61
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 2.07 Maple-cured bacon (91 kcal) 1.62	11.19	12.81
British beef & pancetta lasagne	11.74	13.36

British beef & pancetta lasagne	11.74	13.3
Choose: Side salad 761 kcal; Chips 1295 kcal		

Sides and extras

Bowl of chips 🥏 964 kcal (Add: Spicy seasoning 🥏 (7 kcal) 39p)		4.49		
Small bowl of chips 🧭 602 kcal		2.99		
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
Onion rings 🤕	Six 269 kcal	2.43	Twelve 538 kcal	3.65
Garlic pizza bread V	8 " 386 kcal	4.97	11 " 772 kcal	6.10
With cheese 💟	8 '' 473 kcal	5.54	11 " 922 kcal	6.94

Adults need around 2000 kcal a day.§