BREAKFAST

Served 8am – 12 noon

Large breakfast 1343 kcal — 6.92
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 807 kcal — 5.24
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

Small breakfast UNDER 500 435 kcal — 3.14
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

Freedom breakfast 586 kcal — 3.14
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Large vegetarian breakfast V 1129 kcal — 6.92
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast V 786 kcal — 5.24
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 — 3.14
Fried egg, vegan sausage, baked beans, hash brown, tomato

Vegan breakfast 642 kcal — 3.14
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 (110 kcal) **60p**; Strawberries (27 kcal) **60p**
Blueberries (17 kcal) **60p**; Honey V (91 kcal) **30p**
Sliced apple (46 kcal) **60p**

Eggs Benedict 725 kcal — 5.55
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict V 638 kcal — 5.55
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 939 kcal — 5.55
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

Scrambled egg on toast V 570 kcal — 3.14
Three eggs, buttered white bloomer toast

Beans on toast V 5% 566 kcal. Buttered white bloomer toast — 3.14
NEW Vegan option available with vegan spread 5% UNDER 500 460 kcal

Small beans on toast V 5% UNDER 500 252 kcal — 2.64
Buttered white bloomer toast

Two slices of toast with jam or marmalade V 524 kcal — 2.09
White bloomer bread

Fresh fruit 5% UNDER 500 200 kcal. Apple, banana, blueberries, strawberries — 3.14

NEW **Fresh fruit and yoghurt** V 5% UNDER 500 334 kcal — 3.66
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Tea, coffee and hot chocolate

FREE REFILLS
TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —
LAVAZZA TORINO.ITALIA.1895 — 100% ARABICA BEANS — RAINFOREST ALLIANCE CERTIFIED

£1.71 each

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

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**

Breakfast butties and wraps

Bacon butty 574 kcal — 3.69
Three rashers of bacon, buttered white bloomer bread

Sausage butty 714 kcal — 3.69
Two Lincolnshire sausages, buttered white bloomer bread

Vegetarian sausage butty V 541 kcal — 3.69
Two vegan sausages, buttered white bloomer bread
NEW Vegan option available with vegan spread 5% UNDER 500 435 kcal

Breakfast wrap 724 kcal — 4.73
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap V 735 kcal — 4.73
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills°

Egg & cheese muffin V UNDER 500 249 kcal — 3.48
Fried egg, American-style cheese, in an English muffin

Egg & bacon muffin UNDER 500 314 kcal — 3.96
Fried egg, bacon, American-style cheese, in an English muffin

Egg & sausage muffin UNDER 500 417 kcal — 3.96
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin

Egg & vegetarian sausage muffin V UNDER 500 330 kcal — 3.96
Fried egg, vegan sausage, American-style cheese, in an English muffin

Breakfast muffin UNDER 500 482 kcal — 4.19
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

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

Breakfast extras

Add any of the following:

Lincolnshire sausage 168 kcal	1.15	Vegan sausage 82 kcal	1.15
Slice of toast V 225 kcal	1.23	Baked beans 126 kcal	98p
Fried egg V 56 kcal	98p	Poached egg V 63 kcal	98p
Hash brown 82 kcal			51p
Two scrambled eggs V 136 kcal			1.73
Two rashers of back bacon 131 kcal			1.67
Two mushrooms 100 kcal			98p
Two grilled tomato halves 16 kcal			57p

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Scan to find out more.

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: 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).

for the facts **drinkaware.co.uk**

jdwetherspoon.com

SUPERSIM7905 MENU_7905

FOOD

Main menu 11.30am – 10pm. Children's menu available.

Luther's bar

Newcastle University Students' Union

LUTHER'S STUDENTS' UNION BAR

When Martin Luther King visited Newcastle upon Tyne to receive a Newcastle University honorary doctorate in civil law, it was the culmination of more than a year's planning, involving the university, Mr King and his Southern Christian Leadership Conference HQ staff in Atlanta. On 13 November 1967, Newcastle University became the only British institution to award King an honorary degree, with Newcastle being the only other place in Britain which King ever visited, aside from London.

Breakfast 8am – 12 noon — Traditional breakfast **£5.24**

Tea, coffee and hot chocolate Free refills° — **£1.71** each

Deli Deals®

INCLUDES A DRINK*

Featuring NEW small southern-fried chicken wrap
just-a-wrap, without a drink **£3.99**

soft drink* **£5.22** | alcoholic drink* **£6.75**

Burger meals

INCLUDES A DRINK*

Featuring 3oz American burger

soft drink* **£6.64** | alcoholic drink* **£8.17**

Afternoon deals

INCLUDES A DRINK*

Mon – Fri, 2pm – 5pm

Featuring small freshly battered fish and chips

soft drink* **£7.30** | alcoholic drink* **£8.83**

Curry Club®

INCLUDES A DRINK*

Thursday 11.30am – 10pm

soft drink* **£9.82** | alcoholic drink* **£11.35**

INCLUDES A DRINK*
Choose from over 150 drinks

Small plates

Featuring halloumi-style fries, chicken wings and loaded chips

Any 3 for £14.99

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
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.§

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

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UNLIMITED FREE Wi-Fi

Small plates | Any 3 for £14.99

11" garlic pizza bread (V) 772 kcal	6.00
Nachos (V) 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.25
Bowl of chips (Vg) 964 kcal	3.99
Bowl of chips with curry sauce (Vg) 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 (Vg) 37 kcal; **Sticky soy** (V) 100 kcal; **Naga chilli** (Vg) 136 kcal
Jack Daniel's® Tennessee Honey glaze (V) 87 kcal; **Chipotle mayo** (V) 150 kcal
Blue cheese (V) 270 kcal; **BBQ sauce** (Vg) 83 kcal

Halloumi-style fries (V) (Under 500) 396 kcal	5.60
Chicken bites (Under 500) 322 kcal. Ten battered chicken breast pieces	6.78
Southern-fried chicken strips (Under 500) 459 kcal. Five chicken breast strips	6.66
Chicken wings 813 kcal. Ten spicy chicken wings	7.24
Quorn™ nuggets (Vg) (Under 500) 331 kcal. Eight coated pieces	5.60

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 (Vg) (Under 500) 310 kcal
Salad leaves, tomato, cucumber, salsa

Small southern-fried chicken (Under 500) 399 kcal
Salad leaves, smoky chipotle mayo

Small cold chicken breast (5%) (Under 500) 277 kcal
Salad leaves, sweet chilli sauce

Small fried halloumi-style cheese (V) (Under 500) 391 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

just-a-wrap, without a drink 3.99 each
soft drink* 5.22 each
alcoholic drink* 6.75 each

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

Southern-fried chicken 609 kcal
Salad leaves, smoky chipotle mayo

Cold chicken breast (5%) 479 kcal
Salad leaves, sweet chilli sauce

Fried halloumi-style cheese (V) 707 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

soft drink* 6.88 each
alcoholic drink* 8.41 each

Paninis

Tuna mayo and Cheddar cheese 590 kcal
Cheddar cheese and tomato (V) 527 kcal
Wiltshire cured ham and Cheddar cheese 508 kcal
BBQ chicken, bacon and Cheddar cheese 586 kcal

Add: Side salad (Vg) (91 kcal); **Spicy rice** (Vg) (208 kcal); **Chips** (Vg) (602 kcal) **1.54** each

Noodles, salad and pasta INCLUDES A DRINK*

	soft drink*	alcoholic drink*
NEW Ramen noodle bowl (Vg) (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: Chicken breast** (93 kcal) **1.25**; **Poached egg** (V) (63 kcal) **98p**	9.74	11.27
Chicken & maple-cured bacon salad **Choose: Chicken breast** (Under 500) 283 kcal **Southern-fried chicken breast strips** (Under 500) 465 kcal	9.49	11.02
British beef & pancetta lasagne **Choose: Side salad** 761 kcal; **Chips** 1295 kcal	10.83	12.36

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* 6.64 each
alcoholic drink* 8.17 each

American cheese burger 730 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard
soft drink* 7.24
alcoholic drink* 8.77

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* 9.02 each
alcoholic drink* 10.55 each

Double American cheese burger 1207 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard
soft drink* 9.62
alcoholic drink* 11.15

Gourmet burgers

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

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

soft drink* 11.34 each
alcoholic drink* 12.87 each

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* 6.64
alcoholic drink* 8.17

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

Fried buttermilk chicken burger 1255 kcal
Breaded whole chicken breast fillet
soft drink* 9.02
alcoholic drink* 10.55

Meat-free burgers

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

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

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

soft drink* 9.02 each
alcoholic drink* 10.55 each

Just-a-burger Served on its own, without chips or a drink — each 3.92

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

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
Fried buttermilk chicken 473 kcal
Fried halloumi-style cheese (V) 298 kcal
BEYOND MEAT **patty** (Vg) 184 kcal
— each 2.07

Jacket potatoes INCLUDES A DRINK*

With side salad and one filling. Extra fillings 1.38 each.

Tuna mayo 592 kcal; **Coleslaw** (V) 559 kcal
Cheese (V) 512 kcal
Baked beans (Vg) (5%) (Under 500) 482 kcal
Chilli bean non-carne (Vg) (5%) (Under 500) 442 kcal
Roasted vegetables (Vg) (5%) (Under 500) 383 kcal

soft drink* 8.10 each
alcoholic drink* 9.63 each

Small pub classics INCLUDES A DRINK*

Fish and chips

	soft drink*	alcoholic drink*
Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	9.16	10.69
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	9.16	10.69

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

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above small pub classic meals.
soft drink* 7.30 | alcoholic drink* 8.83

Pub classics INCLUDES A DRINK*

Fish and chips

	soft drink*	alcoholic drink*
Freshly battered cod and chips Peas 1240 kcal or mushy peas 1298 kcal	11.48	13.01
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	11.48	13.01

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

All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips	10.83	12.36
Vegetarian all-day brunch (V) 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	10.83	12.36
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	9.04	10.57
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	8.74	10.27
Vegan sausages, chips and beans (Vg) 910 kcal Three vegan sausages	8.74	10.27
NEW Chilli bean non-carne (Vg) (5%) 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	9.66	11.19

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above pub classic meals.
soft drink* 8.53 | alcoholic drink* 10.06

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 wing basket Eight wings, coleslaw, Naga chilli dip
Choose: Side salad 987 kcal; **Spicy rice** 1127 kcal; **Chips** 1522 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* 10.01 each
alcoholic drink* 11.54 each

Curries INCLUDES A DRINK*

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

Mangalorean roasted cauliflower & spinach curry (Vg) (5%) 927 kcal
Chicken tikka masala 1190 kcal
Beef Madras 1043 kcal

soft drink* 11.25 each
alcoholic drink* 12.78 each

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

Add: One vegetable samosa and two onion bhajis (Vg) (293 kcal) **1.86**
Two plain poppadums (Vg) (86 kcal) **52p**

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	10.01	11.54
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 (Vg) (5%) 709 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	12.48	14.01

soft drink* 11.25 each
alcoholic drink* 12.78 each

Additional toppings

Red onion (Vg) 10 kcal; **Sliced chillies** (Vg) 3 kcal; **Mushroom** (Vg) 4 kcal — each **93p**

Garlic & herb dip (Vg) 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** (Vg) 90 kcal — each **1.63**

Sides and extras

Bowl of chips (Vg) 964 kcal (**Add: Spicy seasoning** (Vg) (7 kcal) 39p)	3.99
Small bowl of chips (Vg) 602 kcal	2.49
Five chicken wings 407 kcal	2.99
NEW Five chicken breast bites 161 kcal	2.99
Mushy peas (V) 248 kcal	99p
Side salad (Vg) 91 kcal	2.39
Coleslaw (V) 399 kcal	1.50
Sliced chillies (Vg) 3 kcal	93p
Six onion rings (Vg) 269 kcal	2.43
Twelve onion rings (Vg) 538 kcal	3.65
11" garlic pizza bread (V) 772 kcal	6.00
11" garlic pizza bread with cheese (V) 922 kcal	6.91

Desserts

NEW Salted caramel sticky toffee pudding (V) 877 kcal Vanilla ice cream	5.14
Mini warm cookie dough sandwich (V) (Under 500) 431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.28
Warm chocolate fudge cake (V) 909 kcal. Vanilla ice cream	5.75
Warm cookie dough sandwich (V) 727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.75

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.§