Desserts Salted caramel sticky toffee pudding **©** 877 kcal Vanilla ice cream Millionaire's shortbread V 600 kcal 2.83 Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce Vanilla ice cream V 500 334 kcal 2.48 Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch (V) (364 kcal 2.48 Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce 3.65 Mini warm chocolate brownie 435 kcal Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich V 631 kcal 3.65 Salted caramel filling, toffee sauce, vanilla ice cream 5.55 Fresh fruit V 59 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream 6.29 Warm chocolate fudge cake **V** 909 kcal 6.29 Warm chocolate brownie V 736 kcal Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich **2** 727 kcal 6.29 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble **0** 673 kcal 6.59

Add: Vanilla ice cream scoop V (135 kcal) 99p Toffee sauce (66 kcal) 47p Belgian chocolate sauce @ (61 kcal) 47p Banana (110 kcal) 60p Strawberries (27 kcal) 60p Blueberries (a) (17 kcal) 60p

Vanilla ice cream

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 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.§

wetherspoon hotels

Over 50 hotels and 1.329 rooms across England, Ireland, Scotland and Wales.

Book direct.

Available only at jdwetherspoon.com, on the app or by phone.

Scan to find out more.



BREAKFAST

8.39

6.69

5.77

5.77

8.39

6.69

5.77

5.77

2.49

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.89
Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.89
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.89
Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.99
Beans on toast \$\mathbb{Q}\$ \simeq \frac{3}{2} \frac{566}{2} \text{ kcal}\$ Buttered white bloomer toast Vegan option available with vegan spread \$\mathbb{Q}\$ \simeq \frac{557}{2} \delta 0 \text{ kcal}\$	3.99
Small beans on toast (V 🚳 \varpi 252 kcal Buttered white bloomer toast	2.99
Two slices of toast with jam or marmalade ♥ 524 kcal White bloomer bread	1.99
Fresh fruit 200 kcal Apple, banana, blueberries, strawberries	3.99
Fresh fruit and yoghurt ♥ ॐ ॐ 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.49

Breakfast extras

Blueberries (17 kcal) 60p; Honey (91 kcal) 30p

Large breakfast 1343 kcal

Traditional breakfast 807 kcal

Small breakfast (35 kcal

Add: Black pudding (178 kcal) 80p

Freedom breakfast 586 kcal

mushroom, tomato, two slices of toast Vegetarian breakfast V 786 kcal

mushroom, tomato, slice of toast

Vegan breakfast @ 642 kcal

tomato, slice of toast, vegan spread

Sliced apple (46 kcal) 60p

Porridge V 5% (Sillain) 252 kcal (plain)

Two fried eggs, bacon, two Lincolnshire sausages, baked beans,

Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown

Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Two fried eggs, three vegan sausages, baked beans, three hash browns,

Two fried eggs, two vegan sausages, baked beans, two hash browns,

Small vegetarian breakfast (V 68) (89) 291 kcal

Fried egg, vegan sausage, baked beans, hash brown, tomato

Two vegan sausages, baked beans, two hash browns, mushroom,

Add: Banana (110 kcal) 60p; Strawberries (27 kcal) 60p

Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast

three hash browns, mushroom, two slices of toast

Large vegetarian breakfast V 1129 kcal

Add any of the following:					
Black pudding 178 kcal	80p	Two rashers of back bacon 131 kcal	1.67	Baked beans @ 126 kcal	98p
Lincolnshire sausage 168 kcal	1.15	Four rashers of maple-cured bacon 91 kcal	1.62	Two mushrooms @ 100 kcal	98p
Vegan sausage 🥝 82 kcal	1.15	Two scrambled eggs 🔮 136 kcal	1.73	Two tomato halves @ 16 kcal	57p
Slice of toast V 225 kcal	1.23	Fried egg 👽 56 kcal	98p		
Hash brown 🕢 82 kcal	51p	Poached egg	98n		

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.69	Breakfast wrap 724 kcal
Sausage butty 714 kcal wo Lincolnshire sausages, buttered white bloomer bread	3.69	Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese
Vegetarian sausage butty ♥ 541 kcal wo vegan sausages, buttered white bloomer bread legan option available with vegan spread Ø ∰ 135 kcal	3.69	Vegetarian breakfast wrap ⊙ 735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast muffin deal

Breakfast muffin (500) 482 kcal

Add: Hash brown @ (82 kcal) 51p

Includes tea, coffee or hot chocolate. Free refi	lls°
Egg & cheese muffin ♥ 665 249 kcal Fried egg, American-style cheese, in an English muffin	4.85
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	5.31
Egg & sausage muffin 6367 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	5.31
Egg & vegetarian sausage muffin V (55) 330 kcal	5.31

Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin

5.90

Tea, coffee and hot chocolate



Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 kcal Hot chocolate V 169 kcal with semi-skimmed milk V 14 kcal Dairy alternative: oat sachet @ 4 kcal Decáffeinated tea and coffee available.

Flat white 92 kcal

Latte V 113 kcal

Cappuccino V 102 kcal

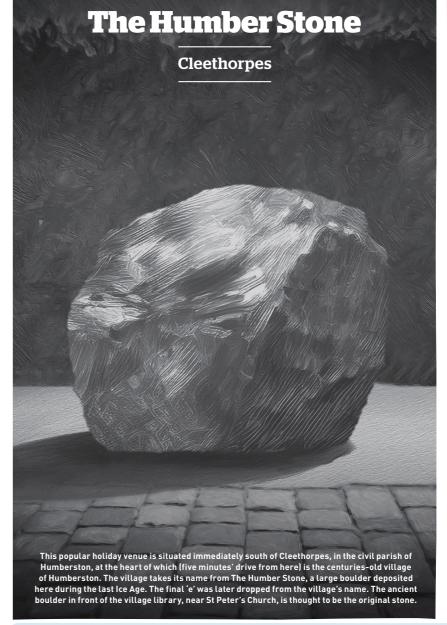
5.90

Biscuits Walkers shortbread V 151 kcal 71p Stem ginger biscuit (V) 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p

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 xcluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. §Statement of daily Calorie needs from the Depar Excluding decaffeinated. Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, liqueurs, bombs, shots and any drink free houses, except Northern Ireland (35ml)

for the facts drinkaware.co.uk idwetherspoon.com ≥

Main menu from 11.30am. Children's menu available.



Breakfast

8am - 12 noon

breakfast £6.69

Traditional

Tea. coffee and hot chocolate **Free refills**

Deli Deals[®]

INCLUDES A DRINK

Featuring southern-fried chicken wrap

£9.70

alcoholic drink* £11.46

Burger meals

INCLUDES A DRINK' •

Featuring 3oz American burger soft drink* alcoholic drink*

£9.47

£11.23 **Afternoon deals**

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

£10.14 £11.90

Curry Club

INCLUDES A DRINK' Thursday from 11.30am

Featuring the katsu curry range soft drink* alcoholic drink*

£10.20

£11.96

INCLUDES A DRINK • **Choose from over 150 drinks**



Table service

Download the Haven Serve app or scan this QR code.

Or note your table number and order at the bar.





100% UK and From farms in the UK

and Ireland, prime beef steaks, matured for 28 days. Traceable from



100% of the eggs we use are free range. All shell eggs are

Coffee

farms.

certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

The freshly ground

coffee# we serve

is from Rainforest

Alliance-certified

100% Arabica Lavazza



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'



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

Allergen and nutritional information can he found on the customer information screen website and Wetherspoon app.

fisheries

Sustainable fish

The cod and haddock we serve

come from fisheries which have

been independently certified

well-managed and sustainable

to the MSC's standard for

Adults need around 2000 kcal a day.§





on the app or by phone



soft drink*

12.29

each

alcoholic drink*

14.05

each

soft drink*

12.72

each

alcoholic drink*

14.48

each

Small plates Any 3 for £14.99	
8" pizzas. Sourdough base - proved, stretched,	
topped and freshly baked to order.	,
Margherita V 555 467 kcal. Mozzarella, basil	6.89
NEW Spicy chicken /// 706 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket	7.48
Pepperoni // 575 kcal. Mozzarella, pepperoni	7.48
Ham and mushroom 505 kcal. Mozzarella. ham. mushroom. rocket	7.48
BBQ chicken 555 kcal, Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.48
Roasted vegetable ♥ 514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.48
Vegan roasted vegetable ② 58 (355) 355 kcal Mushroom, roasted pepper, courgette, onion, basil	7.48
Spicy meat feast /// 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	8.06
11" garlic pizza bread V 772 kcal	7.13
Nachos ♥️♥ ♥ 695 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.69
Bowl of chips @ 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
NEW Shawarma-chicken-topped chips /// 1387 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces	6.29
Halloumi-style fries, sweet chilli sauce 🖊 🐧 😘 434 kcal	7.08
Chicken bites, BBQ sauce 333 405 kcal Ten battered chicken breast pieces	7.03
Southern-fried chicken strips, Jack Daniel's® Tennessee Honey glaze	6.80
Chicken wings, Naga chilli sauce /// 1113 kcal	6.86
Quorn™ nuggets, sweet chilli sauce // (a) 331 kcal Eight coated pieces	6.41

Wings, bites and strips

Mix and match Chicken wings /// 555 407 kcal	2.99
Five spicy chicken wings	each
Chicken bites (161 kcal Five battered chicken breast pieces	2 for 5.49
Southern-fried chicken strips / 376 kcal	5.49
Three chicken breast strips	3 for
Quorn™ nuggets @ (555) 177 kcal Five coated pieces	7.49
i ive coaten hieres	

Add: Sweet chilli // @ (37 kcal): Naga chilli // @ (136 kcal)

Jack Daniel's® Tennessee Honey glaze (87 kcal)

Chipotle mayo // W (150 kcal): BBQ sauce (83 kcal): Blue cheese (270 kcal)

Garlic & herb dip @ (180 kcal) 99p each

Deli Deals Includes a Drink

All wraps and paninis are freshly made to order.

12" wrap:

alcoholic drink*

11.46

each

Tomato, cucumber, salsa

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

Fried halloumi-style cheese // ♥ 707 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

Panini

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 beef, freshly cooked to order.
Traceable from farm to fork.

Served with chips (add 602 kcal) or ask for a side salad @ (add 91 kcal). With red onion, gherkin, ketchup, American-style mustard.

 American burger 529 kcal
 soft drink*
 11.73

 Two 3oz beef patties
 alcoholic drink*
 13.49

 American cheese burger 609 kcal
 soft drink*
 12.32

 Two 3oz beef patties, American-style cheese
 alcoholic drink*
 14.08

Served with chips (add 602 kcal) or ask for a side salad @ (add 91 kcal).

With iceberg lettuce, tomato, red onion.

Classic beef burger 541 kcal Two 3oz beef patties Fried buttermilk chicken burger 556 kcal

Breaded whole chicken breast fillet

Plant-based burger 447 kcal
Garlic & herb sauce

Fried halloumi-style cheese burger // 🔾 540 kcal Sweet chilli sauce

Small burgers

Served with a small portion of chips (add 329 kcal) or ask for a small side salad @ (add 46 kcal).

Small American burger 360 kcal. One 3oz beef patty,

red onion, gherkin, ketchup, American-style mustard

Small classic beef burger 372 kcal

One 3oz beef patty, iceberg lettuce, tomato, red onion

Chicken strip burger # 440 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise
Korean chicken strip burger 383 kcal
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

Small American cheese burger 400 kcal soft drink* 10.05
American-style cheese, red onion, gherkin, ketchup,
American-style mustard

Gourmet burgers

Served with six beer-battered onion rings (add 269 kcal) and chips (add 602 kcal) or ask for a side salad ② (add 91 kcal).

With iceberg lettuce, tomato, red onion.

Cheese meltdown burger 751 kcal
Two 3oz beef patties, American-style cheese, smothered with

Emmental & Cheddar cheese sauce

The Big Smoke burger 657 kcal
One 3oz beef patty, pulled BBQ beef brisket, American-style cheese, maple-cured bacon

Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce,
American-style cheese, topped with a spicy chicken wing

Plant-based patty, topped with onion rings and covered with BBQ sauce

Ultimate burger 852 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese,

signature burger sauce, gherkin **Tennessee burger**

Fried buttermilk chicken 734 kcal

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze
Choose: Beef (two 3oz beef patties) 720 kcal

Triple American cheese & bacon burger 908 kcal soft drink* 15.38
Three 3oz beef patties, American-style cheese, maple-cured alcoholic drink* 17.14
bacon, red onion, gherkin, ketchup, American-style mustard

Additional toppings

BBQ sauce © 83 kcal 99p
Maple-cured bacon with Cheddar cheese 173 kcal 2.24
Maple-cured bacon with American-style cheese 171 kcal 2.24
Cheddar cheese © 82 kcal; American-style cheese © 80 kcal
Maple-cured bacon 91 kcal; Crunchy chicken strip 92 kcal each 1.62

Additional burger patties
30z beef patty 168 kcal
Fried buttermilk chicken 351 kcal

Fried buttermilk chicken 351 kcal Fried halloumi-style cheese ♥ 298 kcal Plant-based patty ⊘ 152 kcal

patty 152 kcal each 2.07

Chicken includes a drink

NEW Sticky Korean fried chicken bowl

Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies

Choose: Coconut-flavour rice 867 kcal; Chips 961 kcal

NEW Sticky Korean fried Quorn™ 'no chicken' bowl 🏿 💿

Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies

Choose: Coconut-flavour rice 713 kcal; Chips 808 kcal

Chicken baskets

soft drink*

11.73

alcoholic drink*

13.49

soft drink*

9.47

each

alcoholic drink*

11.23

soft drink*

13.94

each

alcoholic drink*

15.70

Boneless basket / Three southern-fried chicken strips, five chicken breast bites,

coleslaw, BBQ sauce Choose: Side salad 720 kcal Spicy rice 861 kcal; Chips 1255 kcal

Chicken bites basket with BBQ sauce
Ten battered chicken breast pieces, coleslaw, BBQ sauce
Choose: Side salad 605 kcal
Spicy rice 82 741 kcal; Chips 1140 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 // ♥

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

Curries includes a drink of

Classic curries

With basmati pilau rice, plain naan and poppadums.

Mangalorean roasted cauliflower
& spinach curry // @ @ 927 kcal soft drink*
Chicken tikka masala // 1190 kcal 13.89 15.65

Chicken jalfrezi PPP ® 935 kcal Beef Madras PPPP 1043 kcal

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

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

soft drink*

12.78

each

alcoholic drink*

14.54

each

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 @ 686 kcal Eight coated pieces

Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

Sides and extras

Bowl of chips @ 964 kcal				4.49
Small bowl of chips @ 602	2 kcal			2.99
Five chicken wings	407 kcal			2.99
Five chicken breast bites	161 kcal			2.99
Eight Whitby breaded sca	ampi 464 kcal			5.19
Peas 🕖 133 kcal				99
Mushy peas 💟 248 kcal				99
Side salad @ 91 kcal				2.39
Mediterranean side sala	d 🥏 198 kcal			3.32
Roasted vegetables @ 13	5 kcal			1.63
Coleslaw V 399 kcal				1.50
Sliced chillies	3 kcal			93
Onion rings 🕖	Six 269 kcal	2.43	Twelve 538 kcal	3.65
Garlic pizza bread V	8 " 386 kcal	5.95	11 " 772 kcal	7.13
With cheese V	8 " 473 kcal	6.53	11 " 922 kcal	8.00

Small pub classics includes a drink

Fish and chips	SUILUIIIK	acconotic uriii
Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	11.90	13.66
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	11.90	13.66
Add: Two slices of bread ♥ (404 kcal) 1.44 Chip shop-style curry sauce (118 kcal) 1.56		
Small Wiltshire cured ham, egg and chips 656 455 kcal One slice of Wiltshire cured ham, fried egg	10.66	12.42
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 80p	10.65	12.41
Small vegetarian all-day brunch ♥ 611 kcal Two vegan sausages, fried egg, baked beans, chips	10.65	12.41

Afternoon deal

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

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	14.14	15.90
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	14.14	15.90
Add: Two slices of bread ♥ (404 kcal) 1.44 Chip shop-style curry sauce ② (118 kcal) 1.56	• • • • • • • • • • • • • • • • • • • •	
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips Add: Black pudding (178 kcal) 80p	13.46	15.22
Vegetarian all-day brunch 	13.46	15.22
BBQ chicken melt Chicken breast, Cheddar cheese, bacon, BBQ sauce,	14.14	15.90

Choose: Side salad & 600 kcal; Mediterranean salad 731 kcal
Jacket potato & 848 kcal; Chips 1136 kcal

Wiltshire cured ham, 11.79 eggs and chips 856 kcal
Two slices of Wiltshire cured ham, two fried eggs

Sausages, chips and beans 1170 kcal 11.49 13.25
Three Lincolnshire sausages

 Vegan sausages, chips and beans ∅ 910 kcal
 11.49
 13.25

 Three vegan sausages
 Chilli bean non-carne € ∅ № 635 kcal
 12.37
 14.13

 Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips
 14.13
 14.13

Afternoon deal Mon - Fri, 2pm - 5pm

Choose from the above pub classic meals.

soft drink* alcoholic drink*
11.32 13.08

soft drink* alcoholic drink*

12.62

10.86

each

Jacket potatoes INCLUDES A DRINK

With side salad and one filling. Extra fillings 1.40 each. Coleslaw \bigcirc 559 kcal

Cheese V 512 kcal

Baked beans V 500 482 kcal

Chilli bean pop-carre

Tuna mayo 592 kcal

11" pizzas includes a drink •

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

Margherita ♥ 934 kcal

Mozzarella, basil

NEW Spicy chicken /// 1374 kcal Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket

Pepperoni / 1151 kcal

Mozzarella, pepperoni

13.89

Ham and mushroom 1011 kcal

Mozzarella, ham, mushroom, rocket

alcoholic dripk*

alcoholic dripk*

15.65

BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket

Roasted vegetable ♥ 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil

Vegan roasted vegetable © \$3 709 kcal Mushroom, roasted pepper, courgette, onion, basil

Spicy meat feast /// 1214 kcal 15.07 16.83 Mozzarella, ham, pepperoni, chicken breast, sliced chillies moket

Additional toppings
Red onion @ 10 kcal
Sliced chillies ////// @ 3 kcal
Mushroom @ 4 kcal

Mushroom 4 kcal each 93p

Garlic & herb dip 180 kcal

Mozzarella 150 kcal

Ham 71 kcal

Noodles, salads and pastas

Ramen noodle bowl // ② 300 466 kcal 11.29 13.05

Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth

Chicken & maple-cured bacon salad 10.99 12.75

Choose: Chicken breast 300 283 kcal

Southern-fried chicken breast strips 655 465 kcal

Mediterranean salad 6 655 334 kcal

Pearl barley, quinoa, butternut squash, wheat berries, red pepper, pumpkin seeds, basil, dressing

Additional toppings:

Maple-cured bacon (91 kcal)

Tuna mayo (298 kcal)

Half chicken breast (93 kcal)

Fried buttermilk chicken (473 kcal)

NIXY Spicy pulled chicken thigh (249 kcal)

1.62

Poached egg (3 (63 kcal)

Roasted vegetables (90 kcal)

Note thicken breast (187 kcal)

2.07

2.07

3.09

Chilli bean non-carne (149 kcal) 3.09

Chilli bean non-carne (149 kcal) 2.07

Pasta alfredo (149 kcal) 12.81

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

British beef & pancetta lasagne 13.37 15.13
Choose: Side salad 761 kcal

Choose: Side salad 761 kcal Chips 1295 kcal

Adults need around 2000 kcal a day.§

7907SPR25