






















Desserts


Fresh fruit and ice cream   379 kcal	4.85
Apple, banana, blueberries, strawberries, vanilla ice cream	
Salted caramel sticky toffee pudding  799 kcal	6.89
Vanilla ice cream	
Warm chocolate fudge cake  832 kcal	6.65
Vanilla ice cream	
Warm chocolate brownie  697 kcal	6.65
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich  601 kcal	6.65
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble  603 kcal	6.95
Vanilla ice cream	
American-style pancakes   650 kcal	6.89
Four pancakes, maple-flavour syrup, vanilla ice cream	

Mini desserts

Millionaire's shortbread   331 kcal	3.15
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream and sauce   257 kcal	2.79
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch   287 kcal	2.79
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie   397 kcal	3.95
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich   349 kcal	3.95
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes   373 kcal	5.45
Two pancakes, maple-flavour syrup, vanilla ice cream	

Add: Vanilla ice cream scoop  (97 kcal) **1.19**

Toffee sauce  (66 kcal) **69p**

Belgian chocolate sauce  (61 kcal) **69p**

Banana  (110 kcal) **70p**

Strawberries  (14 kcal) **70p**

Blueberries  (17 kcal) **70p**

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on the customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information

screen to filter menus by specific dietary requirements, such as:

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

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

 = Very mild  = Mild  = Medium hot

 = Very hot  = Extremely hot


 Vegetarian  Vegan

 5% fat or less  Dish under 500 Calories

Adults need around 2000 kcal a day.[§]


BREAKFAST

Traditional


Large breakfast 1312 kcal	8.79
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 770 kcal	7.09
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	5.99
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: NEW Black pudding (67 kcal) 90p	

Freedom breakfast 581 kcal	5.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	

Large vegetarian breakfast  1067 kcal	8.79
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	


Vegetarian breakfast  725 kcal	7.09
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	

Small vegetarian breakfast   281 kcal	5.99
Fried egg, vegan sausage, baked beans, hash brown, tomato	

Vegan breakfast  612 kcal	5.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	


Benedicts


Eggs Benedict 774 kcal	7.29
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	

Mushroom Benedict  667 kcal	7.29
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	



Miner's Benedict 749 kcal	7.29
Two poached eggs, on an English muffin, with NEW black pudding, Hollandaise sauce, rocket	



Lite bite

Scrambled egg on toast  568 kcal	4.29
Three eggs, white bloomer toast	



Beans on toast   558 kcal. Buttered white bloomer toast	4.29
Vegan option available with vegan spread   452 kcal	

Fresh fruit   186 kcal. Apple, banana, blueberries, strawberries	4.19
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Fresh fruit and yoghurt   320 kcal	4.69
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

NEW Porridge, creamy jumbo oats   188 kcal (plain)	2.69
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Add: Banana  (110 kcal) **70p**; Strawberries  (14 kcal) **70p**


Blueberries  (17 kcal) **70p**; Honey  (152 kcal) **40p**

Sliced apple  (46 kcal) **70p**; Maple-flavour syrup  (104 kcal) **40p**

Breakfast muffin deal

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



Egg & cheese muffin   286 kcal	5.05
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  351 kcal	5.55
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  454 kcal	5.55
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin   357 kcal	5.55
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 520 kcal	5.75
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
NEW Smashed avocado muffin   302 kcal	5.75
Guacamole, pico de gallo, on an English muffin, rocket	




Add: Poached egg  (63 kcal) **1.09**; Maple-cured bacon (91 kcal) **1.75**

Add: Hash brown  (82 kcal) **55p**

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: jdwetherspoon.com *Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. [§]Statement of daily Calorie needs from the Department of Health & Social Care. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

American

American breakfast 1258 kcal	8.79
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
Small American breakfast 629 kcal	6.95
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	
Pancakes, maple-flavour syrup   554 kcal	6.25
Four American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) 1.75	
Banana, blueberries and strawberries (141 kcal) 1.95	


Small pancakes, maple-flavour syrup    277 kcal	5.19
Two American-style pancakes, maple-flavour syrup	

Add: Maple-cured bacon (91 kcal) **1.75**

Butties and wraps

Bacon butty 565 kcal	3.99
Three back bacon rashers, buttered white bloomer bread	

Sausage butty 706 kcal	3.99
Two Lincolnshire sausages, buttered white bloomer bread	

Vegetarian sausage butty  512 kcal	3.99
Two vegan sausages, buttered white bloomer bread	











Vegan option available with vegan spread    406 kcal

Breakfast wrap 750 kcal	6.20
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	

Vegetarian breakfast wrap  742 kcal	6.20
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	



Breakfast extras

Add any of the following:

NEW Black pudding 67 kcal	90p	Hash brown  82 kcal	55p
Two back bacon rashers 131 kcal	1.79	Two mushrooms  94 kcal	1.05
Lincolnshire sausage 168 kcal	1.25	Two tomato halves  16 kcal	65p
Vegan sausage  72 kcal	1.25	Hollandaise sauce  299 kcal	1.99
Fried egg  56 kcal	99p	Slice of toast  188 kcal	1.35
Poached egg  63 kcal			1.09
Two scrambled eggs  136 kcal			1.85
Baked beans  126 kcal			1.05

Tea and toast

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

Two slices of toast with jam or marmalade   450 kcal	
White bloomer bread	



with drink	without drink
2.59	2.09

Tea and coffee

FREE REFILLS*

TEA AND COFFEE




— ALL DAY EVERY DAY —

£1.85 each

Hot chocolate  169 kcal **1.85**

Biscuits

Walker's shortbread  151 kcal	79p each
Stem ginger biscuit  123 kcal	
Belgian chocolate biscuit  129 kcal	

For the facts drinkaware.co.uk

jdwetherspoon.com

FOOD

Children's menu available.

The Bluff Inn

Cornwall



The Bluff Inn takes its name from its location. The popular inn sits above Bluff Beach, next to the mouth of the Hayle Estuary, where the river flows into St Ives Bay, an area which kiteboarders call The Bluff. The path alongside the pub slopes down past the lifeguard station to Bluff Beach, 'slope' being the clue to the inn's name, which is on a bluff, rather than a cliff. Whereas a cliff is a steep, nearly vertical, rock face (with little or no slope), a bluff is more of a steep sloping bank.

TABLE SERVICE

Scan this QR code.



Or note your table number and order at the bar.



100% UK and Irish beef
Traceable from farm to fork.



Sustainable fish
The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.



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'.



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.



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.

THE LITE BITE

INCLUDES A DRINK*


Choose from over 150 drinks

Jacket potatoes

With side salad and one filling.

Tuna mayo 634 kcal

Coleslaw  602 kcal

Cheese  628 kcal

Baked beans    462 kcal

Chilli bean non-carne  

Small plates | 3 for £14.99

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

Margherita 506 475 kcal. Mozzarella, fresh basil	7.25
Spicy chicken 687 kcal. Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket	7.85
Pepperoni 565 kcal. Mozzarella, pepperoni	7.85
Ham and mushroom 517 kcal. Mozzarella, ham, mushroom, rocket	7.85
BBQ chicken 562 kcal. Mozzarella, chicken breast, BBQ sauce, red onion, rocket	7.85
Mediterranean vegetable 513 kcal. Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil	7.85
Vegan Mediterranean vegetable 506 349 kcal. Mushroom, roasted pepper, courgette, onion, fresh basil	7.85
Spicy meat feast 616 kcal. Mozzarella, ham, pepperoni, chicken breast, sliced chilli, rocket	8.45
11" garlic pizza bread 778 kcal	7.49
Nachos 1011 kcal. Cheese, guacamole, pico de gallo, sour cream, sliced chilli	7.05
Add: Chilli bean non-carne 149 kcal) 2.19	
Pulled beef brisket (160 kcal) 3.19 ; Spicy pulled chicken thigh (249 kcal) 3.19	
Bowl of chips 964 kcal (Add: Seasoning (7 kcal) 50p)	4.85
Bowl of chips with curry sauce 1073 kcal	6.15
Cheesy chips 1256 kcal	6.35
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.65
Shawarma-chicken-topped chips 1300 kcal. Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces	6.65
Halloumi-style fries 506 458 kcal. Sweet chilli sauce	7.45
NEW Chicken bites 506 411 kcal. Ten battered chicken breast pieces, sticky soy sauce	7.39
Southern-fried chicken strips 547 kcal. Five chicken breast strips, Jack Daniel's™ Tennessee Honey glaze	7.15
Chicken wings 1026 kcal. Ten spicy chicken wings, Naga chilli sauce	7.25
Quorn™ nuggets 506 369 kcal. Eight coated pieces, sweet chilli sauce	6.65

Wings, bites and strips | Mix and match

Five chicken wings 506 445 kcal. Spicy chicken wings	3.09 each
Five chicken bites 506 153 kcal. Battered chicken breast pieces	2 for 5.59
Three southern-fried chicken strips 506 276 kcal. Chicken breast strips	3 for 7.59
Five Quorn™ nuggets 506 192 kcal. Five coated pieces	
Add: Sweet chilli sauce 62 kcal)	
Naga chilli sauce 136 kcal); BBQ sauce (83 kcal)	
Jack Daniel's® Tennessee Honey glaze (87 kcal)	1.09 each
Chipotle mayo 150 kcal); Blue cheese sauce (270 kcal)	
Garlic & herb dip (301 kcal); Sticky soy sauce (105 kcal)	

Deli Deals INCLUDES A DRINK

All 8" pizzas, paninis and wraps are freshly made to order.

8" pizzas Choose any 8" pizza from the small plates section.

Paninis

Cheddar cheese and tomato **604** kcal
Wiltshire cured ham and Cheddar cheese 589 kcal
BBQ chicken, maple-cured bacon and Cheddar cheese 602 kcal
Tuna mayo and Cheddar cheese 581 kcal

12" wraps (just-a-wrap, without a drink **8.99** each)

Brunch wrap 754 kcal	soft drink* 10.15 each	alcoholic drink* 11.95 each
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese		
Vegetarian brunch wrap 634 kcal		
Two fried eggs, two vegan sausages, Cheddar cheese		
NEW Korean fried chicken 582 kcal		
Iceberg lettuce, cucumber, coriander, Korean-style sauce		
Shawarma chicken 739 kcal		
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket		
Southern-fried chicken 636 kcal. Salad leaves, smoky chipotle mayo		
Fried halloumi-style cheese 740 kcal		
Salad leaves, sweet chilli sauce, tomato, cucumber		

Quorn™ nuggets 535 kcal	soft drink* 10.15 each	alcoholic drink* 11.95 each
Salad leaves, tomato, cucumber, sweet chilli sauce		
Cold chicken breast 512 kcal		
Salad leaves, sweet chilli sauce		

Add: Side salad (111 kcal); Spicy rice (203 kcal); Chips (602 kcal) **1.65** each

THE LITE BITE

Burgers INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

Served with chips, red onion, gherkin, ketchup, American-style mustard.

American 1131 kcal	soft drink* 12.25	alcoholic drink* 14.05
6oz beef patty		
American cheese 1211 kcal	soft drink* 12.85	alcoholic drink* 14.65
6oz beef patty, American-style cheese		

Served with chips, iceberg lettuce, tomato, red onion.

The classic burger 1143 kcal. 6oz beef patty

NEW **Grilled chicken breast burger** 993 kcal

Fried buttermilk chicken 1062 kcal	soft drink* 12.25 each	alcoholic drink* 14.05 each
Breaded whole chicken breast fillet		
The plant burger 1213 kcal		
Plant-based patty, garlic & herb sauce		
Halloumi-style cheese and sweet chilli 1265 kcal		
Fried halloumi-style cheese, sweet chilli sauce		

Served with chips.

Crunchy chicken 1042 kcal	soft drink* 9.99 each	alcoholic drink* 11.79 each
Two southern-fried chicken strips, iceberg lettuce, mayonnaise		

Korean fried chicken **978** kcal. Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

Gourmet burgers INCLUDES A DRINK

Served with six beer-battered onion rings, chips, iceberg lettuce, tomato, red onion.

The Big Smoke	soft drink* 14.75	alcoholic drink* 16.55
Pulled BBQ beef brisket, American-style cheese, maple-cured bacon		
Choose: Beef (6oz beef patty) 1679 kcal		
Fried buttermilk chicken 1815 kcal		

Cheese meltdown
American-style cheese, smothered with Emmental & Cheddar cheese sauce
Choose: Beef (6oz beef patty) 1589 kcal; Fried buttermilk chicken 1725 kcal

Buffalo **1679** kcal
Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing

BBQ stack **1360** kcal
Plant-based patty, BBQ sauce, stacked with onion rings

The ultimate burger 1698 kcal
6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

Tennessee
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze
Choose: Beef (6oz beef patty) 1566 kcal; Fried buttermilk chicken 1701 kcal

The Empire State 1883 kcal	soft drink* 15.89	alcoholic drink* 17.69
Two 6oz beef patties, American-style cheese, maple-cured bacon, gherkin, ketchup, American-style mustard		

Additional toppings		
Sliced pickled gherkins 11 kcal	50p	
BBQ sauce 83 kcal	1.09	
Maple-cured bacon with Cheddar cheese 173 kcal	2.35	
Maple-cured bacon with American-style cheese 171 kcal	2.35	
Cheddar cheese 82 kcal		
American-style cheese 80 kcal		
Maple-cured bacon 91 kcal		
Crunchy chicken strip 92 kcal	each 1.75	

Additional burger patties		
6oz beef patty 337 kcal	2.55	
Fried buttermilk chicken 473 kcal		
Fried halloumi-style cheese 298 kcal		
Plant-based patty 226 kcal	each 2.19	

If your meal comes with chips (602 kcal), you can swap for:

Side salad (111 kcal); **Spicy rice** (203 kcal); **Mediterranean side salad** (214 kcal); **Mash** (280 kcal); **Jacket potato** (282 kcal)

Swapping items may result in changes to allergens contained in the dish.

Chicken INCLUDES A DRINK

NEW **Spice bag**
Chicken strips, chicken breast bites, tossed in a salt & chilli Chinese-style spice mix, red onion, sliced chilli, coriander
Choose: Coconut-flavour rice 722 kcal; Chips 1065 kcal

NEW **Quorn™ ‘no chicken’ spice bag**
Eight coated pieces, tossed in a salt & chilli Chinese-style mix, red onion, sliced chilli, coriander
Choose: Coconut-flavour rice 601 kcal; Chips 944 kcal

Add: Chip shop-style curry sauce **109** kcal **1.69**

Sticky Korean fried chicken bowl
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chilli
Choose: Coconut-flavour rice 883 kcal; Chips 1226 kcal

NEW **Sticky Korean grilled chicken bowl**
Sliced chicken breast, tossed in a Korean-style sauce, coriander, sliced chilli
Choose: Coconut-flavour rice 641 kcal; Chips 984 kcal

Sticky Korean fried Quorn™ ‘no chicken’ bowl
Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chilli
Choose: Coconut-flavour rice 761 kcal; Chips 1104 kcal

Boneless basket
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce
Choose: Side salad 716 kcal; Spicy rice 848 kcal; Chips 1247 kcal

NEW **Chicken bites basket**
Ten battered chicken breast pieces, coleslaw, sticky soy sauce
Choose: Side salad 543 kcal; Spicy rice 747 kcal; Chips 1124 kcal

Southern-fried chicken strips basket
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze
Choose: Side salad 751 kcal; Spicy rice 883 kcal; Chips 1282 kcal

Quorn™ ‘no chicken’ nuggets basket
Eight coated pieces, coleslaw, sweet chilli sauce
Choose: Side salad 573 kcal; Spicy rice 705 kcal; Chips 1104 kcal

Curries INCLUDES A DRINK

Classic curries

With basmati pilau rice, plain naan, poppadums, sliced chilli, coriander.

Sweet potato, chickpea & spinach curry 912 kcal	soft drink* 14.35 each	alcoholic drink* 16.15 each
Chicken tikka masala 1032 kcal		
Chicken jalfrezi 919 kcal		
Beef Madras 1084 kcal		

Change your plain naan to a garlic naan (add 92 kcal) **65p**

Simple curries With basmati pilau rice or chips, sliced chilli, coriander.

Simple sweet potato, chickpea & spinach curry
Choose: Basmati pilau rice 552 kcal; Chips 959 kcal

Simple chicken tikka masala 	soft drink* 12.15 each	alcoholic drink* 13.95 each
Choose: Basmati pilau rice 672 kcal; Chips 1079 kcal		
Simple chicken jalfrezi 		
Choose: Basmati pilau rice 560 kcal; Chips 967 kcal		

Simple beef Madras
Choose: Basmati pilau rice 725 kcal; Chips 1132 kcal

Add: One vegetable samosa and two onion bhajis (295 kcal) **2.00**

Two plain poppadums (86 kcal) 59p		
Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chilli and coriander.		
Katsu grilled chicken curry 558 kcal	soft drink* 13.25 each	alcoholic drink* 15.05 each
Sliced chicken breast		
Katsu Quorn™ nugget curry 678 kcal		
Eight coated pieces		
Katsu chicken curry 844 kcal		
Sliced whole breaded chicken breast fillet		

Pub classics INCLUDES A DRINK

Freshly battered fish and chips	soft drink* 14.59	alcoholic drink* 16.39
Cod, peas 1251 kcal, mushy peas 1286 kcal or baked beans 1247 kcal		
Whitby breaded scampi	14.59	16.39
Chips, peas 1135 kcal, mushy peas 1170 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi		

Add: Two slices of bread (375 kcal) **1.55**
Chip shop-style curry sauce (109 kcal) **1.69**

All-day brunch 1245 kcal	13.95	15.75
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips		
Add: NEW Black pudding (67 kcal) 90p		
Vegetarian all-day brunch 992 kcal	13.95	15.75
Two fried eggs, three vegan sausages, baked beans, chips		
BBQ chicken melt	14.35	16.15
Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom		
Choose: Side salad 602 kcal; Chips 1133 kcal		

Steak & ale pudding	12.85	14.65
Peas, gravy		
Choose: Mash 969 kcal; Chips 1291 kcal		
Bangers and mash 888 kcal	12.85	14.65
Three Lincolnshire sausages, peas, gravy		

Vegetarian bangers and mash **598** kcal
Three vegan sausages, peas, gravy

Wiltshire cured ham, eggs and chips 874 kcal
Two slices of Wiltshire cured ham, two fried eggs

Sausages, chips and beans 1170 kcal
Three Lincolnshire sausages

Vegan sausages, chips and beans **880** kcal
Three vegan sausages

Chilli bean non-carne **644** kcal
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips

Afternoon deal

Mon - Fri, 2pm - 5pm

Choose from the above pub classic meals.

soft drink* 11.79	alcoholic drink* 13.59
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Served with a small portion of chips (329 kcal, included in Calories below).

Small freshly battered fish and chips	soft drink* 12.35	alcoholic drink* 14.15
Cod, peas 687 kcal, mushy peas 722 kcal or baked beans 683 kcal		
Small Whitby breaded scampi	12.35	14.15
Chips, peas 628 kcal, mushy peas 664 kcal or baked beans 625 kcal. Four Whitby breaded scampi		
Add: Two slices of bread (375 kcal) 1.55		
Chip shop-style curry sauce (109 kcal) 1.69		