Desserts

Vanilla ice cream (V) (555) 308 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.11
Mini warm chocolate brownie (V) (1999) 424 kcal Belgian chocolate sauce, vanilla ice cream	3.28
Mini warm cookie dough sandwich V ‱ 373 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.28
Fresh fruit bowl v 511 kcal Banana, strawberry, pineapple, melon, apple, kiwi, blueberries, vanilla ice cream	5.16
Warm chocolate fudge cake 895 kcal Vanilla ice cream	5.91
Warm chocolate brownie 👽 721 kcal Belgian chocolate sauce, vanilla ice cream	5.91
Warm cookie dough sandwich 🕥 619 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.91
Bramley apple crumble V 813 kcal Vanilla ice cream	6.22
Add:	

Vanilla ice cream scoop 💟 (127 kcal) 94p Belgian chocolate sauce <a>(55 kcal) 42p Toffee sauce V (54 kcal) 42p Banana 🕢 (161 kcal) 62p Strawberries () (16 kcal) 62p

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, 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 Vegetarian Øvegan 5% fat or less 55 Dish under 500 Calories Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

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 All prices are in pounds sterling and include VAT. Pricing 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. *Non-refundable advance purchase rates, available to book direct on the telephone, our website and our app. iStatement of daily calorie needs from the LIK Government's Department of Health & Social Care, #Excluding decaffeinated Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, 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).

BREAKFAST Served 8am-12 noon

Large Ulster fry 1396 kcal Two fried eggs, bacon, two sausages, baked beans, potato bread, half a soda bread, two slices of toast, black pudding	7.43
Ulster fry 598 kcal Sausage, fried egg, bacon, baked beans, half a potato bread, half a soda bread	5.75
Small breakfast (500) 448 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown	5.19
Add: Two slices of Clonakilty black pudding (211 kcal) 1.51	
Large Ulster vegetarian breakfast 🔮 1262 kcal Two fried eggs, two Quorn sausages, baked beans, potato bread, half a soda bread, tomato, mushroom, two slices of toast	7.43
Ulster vegetarian breakfast () 620 kcal Two fried eggs, Quorn sausage, baked beans, potato bread, half a soda bread, tomato, mushroom	5.75
Small vegetarian breakfast (V) (S) (S) Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.19
Vegan breakfast @ 890 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.36
Freedom breakfast 625 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.19

4.93 Breakfast wrap 738 kcal Fried egg, bacon, Loughnane's pork sausage, hash brown, Cheddar cheese 4.93 Vegetarian breakfast wrap V 826 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese Breakfast soda 522 kcal 6.16 Soda bread, filled with sausage, bacon, fried egg Scrambled egg on toast 🔮 595 kcal 4.36 Three eggs, buttered white bloomer toast 3.77 Beans on toast 💟 🚳 552 kcal Buttered white bloomer toast Small beans on toast 💟 🚳 🎆 244 kcal 2.62 Buttered white bloomer toast 2.58 Two slices of toast with jam or marmalade 💟 🐻 454 kcal White bloomer toast 3.77 Fresh fruit bowl 🖉 🥯 🚟 258 kcal Banana, strawberry, pineapple, melon, apple, kiwi, blueberries NEW Flahavan's porridge V 📖 224 kcal (plain) 2.09 Add: Banana @ (161 kcal) 62p; Strawberries @ (16 kcal) 62p

Breakfast extras

Breakfast muffins

Egg & cheese muffin V 📟 267 kcal

Fried egg, bacon, American-style cheese, in a muffin

Fried egg, Loughnane's pork sausage, American-style cheese, in a muffin

Egg & Quorn[™] sausage muffin ♥ (555) 386 kcal

Fried egg, Quorn sausage, American-style cheese, in a muffin

Fried egg, American-style cheese, in a muffin

Egg & sausage muffin 555 451 kcal

Breakfast muffin 500 kcal

American-style cheese, in a muffin

Add: Hash brown 🥥 (82 kcal) 46p

goodfoodtalks

The spoken menu app for the visually impaired

opening menus for everybody

Fried egg, Loughnane's pork sausage, bacon,

Egg & bacon muffin 5 316 kcal

Add any of the following:		
Two slices of Clonakilty black pudding 211 kcal	1.51	Four rashe
Loughnane's pork sausage 184 kcal	1.05	Two rashe
Quorn[™] sausage ⊘ 119 kcal	1.05	Two scram
Baked beans 🥏 126 kcal	93p	Fried egg
Hash brown 🥏 82 kcal	46p	

Includes tea. coffee or hot chocolate. Free refills

	Four rashers of maple-cured bacon 91 kcal	1
5	Two rashers of back bacon 99 kcal	1.
5	Two scrambled eggs V 163 kcal	1
)	Fried egg V 69 kcal	9

3.77

4.23

4.23

4.23

4.47

1.52	Two mushrooms 🥏 137 kcal	93p
1.57	Two grilled tomato halves 🥏 23 kcal	52p
1.63	Slice of toast 🕐 180 kcal	1.13
93p	Grilled halloumi-style cheese V 435 kcal	1.97

Tea. coffee and hot chocolate -

TEA, COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVAILA 🛞 🚇

Honey 💟 (100 kcal) 34p

£1.56 **Biscuits**

Oatie biscuits 💟 132 kcal White chocolate-chip cookies V 141 kcal Chocolate-chip cookies V 141 kcal Whirl shortcake 🚺 136 kcal





for the facts

Glenshane

drinkaware.co.uk ⊇



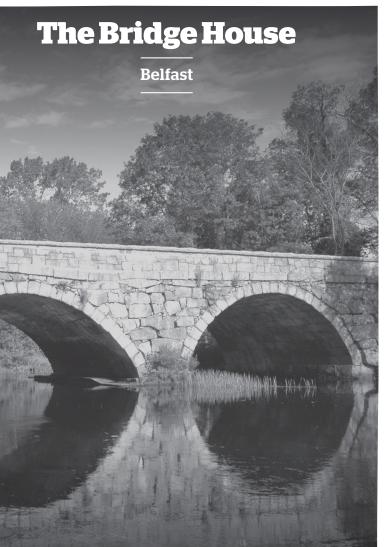
jdwetherspoon.com

wetherspoon hotels 56 in England, Ireland,



Food served until midnight Sunday to Thursday and until 12.30am Friday and Saturday. Children's menu available.

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



The Old Dublin Bridge over the Blackstaff stood near these premises. The bridge was demolished when the river was channelled underground in the late 19th century. The oldest part of these premises was built, in 1868, for a fancy box manufacturer and designed by the eminent architect Sir Charles Lanyon. The adjoining part stands on the site of two warehouses, built around the same time for a furniture-removing and undertaking business.



Eġġs

100% Irish beef Sourced from farms in Ireland. Traceable from farm to fork.

Free-range eggs

Eggs supplies all of the

Maghera-based Glenshane

fresh free-range shell eggs

Long-established

we serve.



Sustainable fish The cod we serve comes from fisheries which standards for well-managed

have been independently certified to the MSC's and sustainable fisheries.



from West Cork, is rich in tradition and made with simple wholesome ingredients.





Coffee The freshly ground 100% Arabica Lavazza coffee" we serve is from Rainforest Alliance-certified farms

Breakfast

8am - 12 noon

Ulster fry £5.75

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

£1.56







How to order from your table

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.







LOUGHNANE'S

Bacon

Dew Valley Foods, based in County Tipperary, uses only natural ingredients in the unique curing process of its bacon

Sausages

Made with 100 per cent Irish pork, the quality sausages from oughnane's of Galway are made with only natural ingredients and using traditional Irish recipes

Tea

Lyons is part of the Ethical Tea Partnership, which monitors living and working conditions on tea estates.

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app.

Small plates Any 3 for s14 93

Small plates Any 3 lor £14.93	
8" pizzas on a freshly baked sourdough base.	
Margherita 💟 🌇 479 kcal. Mozzarella, basil	6.04
Pepperoni 🌮 588 kcal. Mozzarella, pepperoni	6.61
Ham and mushroom 512 kcal	6.61
Mozzarella, ham, mushroom, rocket	
BBQ chicken 567 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.61
Roasted vegetable 🕥 535 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.61
Vegan roasted vegetable @ 🕸 🐯 365 kcal Mushroom, roasted pepper, courgette, onion, basil	6.61
Spicy meat feast /// 614 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.20
11" garlic pizza bread ♥ 728 kcal	5.57
Nachos /// 👽 656 kcal	6.09
Cheese, guacamole, salsa, sour cream, sliced chillies	
Add: Five-bean chilli 🖉 🥘 (119 kcal) 1.97	(00
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.86
Cheesy chips V 1291 kcal	5.41 6.31
Loaded chips 1455 kcal Cheese, maple-cured bacon, garlic mayo	0.31
NEW Leek & potato soup 🛛 🚳 😘 423 kcal	
White bloomer bread	
With any of the small plates below, choose one dip: Sweet chilli // ③ 37 kcal: Naga chilli // Ø 136 kcal Jack Daniel's [®] Tennessee Honey glaze ③ 87 kcal Garlic mayo ④ 237 kcal	
Quorn™ nuggets @ ())) 331 kcal Eight coated pieces	5.19
Halloumi-style fries 💟 🎆 435 kcal	5.19
Chicken breast bites 🚳 298 kcal Ten battered chicken pieces	6.31
Southern-fried chicken strips / 461 kcal Five chicken strips	6.31
Chicken wings /// 804 kcal Ten spicy chicken wings	6.99

Sharer

With the sharer below, choose two dips: Sweet chilli 🔰 🥥 37 kcal; Naga chilli 🎢 🖉 136 kcal Jack Daniel's[®] Tennessee Honey glaze V 87 kcal; Garlic mayo V 237 kcal

Chicken wings

20 wings (1608 kcal – for sharing) 30 wings (2412 kcal - for sharing)

Deli Deals[®] INCLUDES A DRINK

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

Paninis

Cheddar cheese and tomato 🔇 572 kcal	
Ham and Cheddar cheese 516 kcal	
BBQ chicken, bacon and Cheddar cheese 606 kcal	soft drink* 6.85
Wraps	each
Quorn™ nuggets /// @ ٷ 514 kcal Tomato, cucumber, salsa	alcoholic drink* 8.38
Southern-fried chicken	each

Southern-fried chicken and garlic mayo 🖉 646 kcal Fried halloumi-style cheese and sweet chilli sauce **FF V** 751 kcal Tomato, cucumber

Add: Chips Ø (602 kcal); Salad Ø (101 kcal) Spicy rice (208 kcal) 1.44 each

Chicken INCLUDES A DRINK

Chicken wing basket

Eight wings, coleslaw, Naga chilli dip Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 1013 kcal	
Boneless basket 🖊	each
Three southern-fried chicken strips, five chicken breast bites,	alcoholic drin
coleslaw, BBQ sauce	11.37
Choose: Spicy rice 850 kcal; Chips 1244 kcal; Side salad 743 kcal	each

Burgers Includes A DRINK	Ourb	eef burgers
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).
American burger 719 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 697 kcal Cos lettuce, tomato, red onion	soft drink* 6.61 each	alcoholic drink* 8.14 each
Skinny beef burger 😵 📆 404 kcal Cos lettuce, tomato, red onion, with a side salad, instead o	of chips	
American cheese burger 759 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 7.20 lic drink* 8.73
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories	below).	
Double American burger 1181 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* 8.88	alcoholic drink* 10.41
Double classic beef burger 1159 kcal Cos lettuce, tomato, red onion	each	each
Double American cheese burger 1261 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoho	oft drink* 9.46 lic drink* 10.99
Just-a-burger Served on its own, without chips or a drink.		each 4.51
American burger (555) 390 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / (555) 458 kc Two southern-fried chicken strips, iceberg lettuce, mayon		
Additional toppings and burger patties	s	
Maple-cured bacon with Cheddar cheese 174 kc Maple-cured bacon with American-style cheese Cheddar cheese ♥ 83 kcal American-style cheese ♥ 80 kcal Crunchy chicken strip ≠ 92 kcal		2.14 2.14 1.52 1.52 1.50
One 3oz beef patty 189 kcal Fried halloumi-style cheese 🔇 218 kcal		

Grilled chicken breast 187 kcal	
Fried buttermilk chicken 473 kcal	
🕞 BEYOND MEAT patty 🥥 184 kcal	

each **1.97**

Curries Includes A DRINK

Katsu curries With a mild Japanese-style katsu curry sau coconut-flavour rice, sliced chillies and coriander.	ice,
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast escalope	soft drink* 9.90 each
Katsu grilled chicken curry 🚳 542 kcal Sliced grilled chicken breast	alcoholic drink* 11.43 each
Katsu Quorn [™] nugget curry @ 686 kcal Eight coated pieces	5001

Jacket potatoes Includes A DRINK

With salad and one filling. Extra fillings 1.22 each. Coleslaw 🔮 592 kcal Cheese 💟 572 kcal Baked beans ⊘ 🥯 515 kcal

*	Chicken breas Ten battered chicker Choose: Spicy rice &
nk*	Southern-frie Five chicken strips, C Choose: Spicy rice &
	Quorn[™] 'no chi Eight coated pieces,

st bites basket n pieces, coleslaw, garlic mayo 876 kcal; Chips 1270 kcal; Side salad 668 kcal ed chicken strips basket 🖊 coleslaw, Jack Daniel's® Tennessee Honey glaze alcoholic drink* 890 kcal; Chips 1284 kcal; Side salad 682 kcal icken' nuggets basket 湃 🔇 , coleslaw, sweet chilli sauce Choose: Spicy rice 709 kcal; Chips 1104 kcal; Side salad 602 kcal de from 100% Irish beef. **Meat-free burgers** Served with chips (602 kcal, included in Calories below). Fried halloumi-style cheese burger **##** 1254 kcal

eet chilli sauce eyond Burger™ @ 966 kcal BEYOND MEAT plant-based patty		alcoholic drink* 10.41 each	
Chicken burgers Served with a small portion of chips (329 kcal, included i	in Calorie	es belo	w).
Crunchy chicken strip burger 🖊 787 kcal wo southern-fried chicken strips, iceberg lettuce, mayonnaise	soft o alcoholic o	drink* drink*	6.61 8.14
Gerved with chips (602 kcal, included in Calories below Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet	<i>ī</i>).	soft dri 8.8 eac	8
Grilled chicken breast burger 969 kcal Skinny chicken burger 😵 🐯 403 kcal Grilled chicken breast with salad, instead of chips	ć	alcoholic drink* 10.41 each	
Gourmet burgers Served with chips, six onion rings (860 kcal, included in	n Calorie	es belov	N).

Heatwave burger

Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Grilled chicken breast 1756 kcal; Fried buttermilk chicken 2041 kcal

Ultimate burger 1721 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) 1607 kcal Grilled chicken breast 1416 kcal; Fried buttermilk chicken 1702 kcal

BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1685 kcal Grilled chicken breast 1495 kcal; Fried buttermilk chicken 1750 kcal

Fiesta burger ⊘ 1357 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

Triple American cheese & bacon burger 1849 kcal	soft drink*	12.54
	alcoholic drink *	14.07
maple-cured bacon, red onion, gherkin, ketchup,		
American-style mustard		

Classic curries With basmati pilau rice, plain naan, poppadums and mango chutney.	
Chicken jalfrezi 💴 🐼 1043 kcal	soft drink*
Beef Madras #### 983 kcal	11.02 each
Chicken tikka masala 📁 1298 kcal	alcoholic drink*
Mangalorean roasted cauliflower & spinach curry 🎢 @ 🕸 976 kcal	12.55 each
Change your plain naan to a garlic naan Ѵ (add 69 kcal) 47p	

Five-bean chilli 🖊 🤕 🤓 ‱ 445 kcal
Roasted vegetables ⊘ 🚳 뻀 416 kcal

oft drink* 8.01	alcoholic drink* 9.54 each
each	each

11" DIZZAS INCLUDES A DRINK

Mozzarella, B Roasted v Mozzarella, m

soft drink*

9.84 each

11.37

each

soft drink*

8.88

each

soft drink*

11.09 each

alcoholic drink'

12.62

each

Mozzarella, ha Addition

Small han One slice of cu Small all-Sausage, baco Small veg Two Quorn sa

Fish and Small free Peas 580 kcal Add: Two slice:

Mon – Fri **Thoose from**

NEW Turl

Peas, gravy. Choose: Mash Ham, egg Two slices of l Chicken & Mashed potato Choose: South Grilled chicke Sausages Three Loughn Vegan sau Three Quorn s Five-bean Spicy rice, tor All-day br

Two sausages Add: Two slice Vegetaria Three Quorn s **Fish and**

Freshly ba Peas 1049 kca Add: Two slice Chip shop-sty



above nub classic meals

On a freshly baked sourdough base.	soft drin	k* alcoholic drink*
Margherita V 957 kcal. Mozzarella, basil	9.84	4 11.37
Pepperoni 🔎 1175 kcal. Mozzarella, pepperoni	•••••	• • • • • • • • • • • • • • • • • • • •
Ham and mushroom 1023 kcal Mozzarella, ham, mushroom, rocket	soft drink*	alcoholic drink*
BBQ chicken 1122 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	11.02 each	12.55 each
Roasted vegetable V 1070 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, l	basil	
Vegan roasted vegetable @ 53 729 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast /// 1212 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies	12.18 s, rocket	3 13.71
Additional toppings		
Red onion (a) 11 kcal; Sliced chillies FFFF (b) 9 kcal Mushroom (c) 23 kcal; Garlic mayo (V) 237 kcal		each 88p
Mozzarella V 145 kcal; Maple-cured bacon 91 kcal		
Ham 40 kcal; Chicken breast 94 kcal		each 1.15
Pepperoni 🎢 109 kcal; Roasted vegetables 🥥 90 kcal		each 1.53

Small pub classics INCLUDES A DRINK

	soft drink*	alcoholic drink*
n, egg and chips 👫 438 kcal	7.80	9.33
ured ham, fried egg		
• day brunch 694 kcal on, fried egg, baked beans, chips	8.09	9.62
jetarian all-day brunch (V) 700 kcal usages, fried egg, baked beans, chips	8.09	9.62
chips		
shly battered cod and chips 🧭 l or mushy peas 649 kcal	9.01	10.54
es of buttered white bloomer bread 💟 (359 kcal) 1	1.34	

Chip shop-style curry sauce 🥥 (118 kcal) 1.46

<u>new Afternoon deal</u>

i, 2pm - 5pm	
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soft drink* alcoholic drink*

8.80

7.27

Pub classics INCLUDES A DRINK

	soft drink*	alcoholic drink
key, ham and stuffing		
1ed potato 586 kcal; Chips 902 kcal		
s and chips 822 kcal ham, two fried eggs	8.91	10.44
k peppercorn stack o, peppercorn sauce, onion rings hern-fried chicken strips / 863 kcal en breast 681 kcal	9.72	11.25
s, chips and beans 1210 kcal ane's pork sausages	8.91	10.44
usages, chips and beans 🥏 1023 kc sausages	al 8.91	10.44
1 chilli // @ 591 kcal tilla chips	9.49	11.02
runch 1270 kcal s, bacon, two fried eggs, baked beans, chips es of black pudding (211 kcal) 1.51	10.90	12.43
n all-day brunch 🔮 1162 kcal sausages, two fried eggs, baked beans, chips	10.90	12.43
chips attered cod and chips <i>Ø</i> al or mushy peas 1118 kcal	11.25	12.78
es of buttered white bloomer bread 父 (359 k yle curry sauce 🥥 (118 kcal) 1.46	ccal) 1.34	
iternoon deal i, 2pm - 5pm	soft drink* a 8.44	lcoholic drink* 9.97

Steaks and grills INCLUDES A DRINK

Prime beef steaks from Ireland, matured for 21 days then seasoned with a steak-seasoning blend.

Classic 8oz sirloin steak

Choose: Jacket potato 726 kcal Mashed potato 743 kcal; Chips 1059 kcal Side salad 558 kcal	soft drink* 12.42	alcoholic drir 13.95
Gourmet 8oz sirloin steak		

With peas, tomato, mushroom, three onion rings and a steak sauce.

Choose: Jacket potato 996 kcal Mashed potato 1012 kcal; Chips 1329 kcal Side salad 828 kcal

soft drink* alcoholic drink* 14.77 16.30

Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal) Jack Daniel's[®] Tennessee Honey glaze (87 kcal) **1.82** each

	soft drink*	alcoholic drink*
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce with peas, tomato and mushroom Choose: Jacket potato 🚳 807 kcal; Mashed potato 824 kcal Chips 1140 kcal; Side salad 🚳 639 kcal	11.25	12.78

Salads and pastas INCLUDES A DRINK

	soft drink* alcoholic drink*	
Burrito salad bowl @ 😳 514 kcal Spicy rice, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Cheese V (164 kcal) 1.22 Chicken breast (187 kcal) 1.97 Five-bean chilli 🖉 Ø (119 kcal) 1.97	9.75	11.28
Grilled halloumi-style cheese & roasted vegetable salad V () 415 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	9.75	11.28
Chicken & maple-cured bacon salad Choose: Grilled chicken breast (20) (2005) kcal Southern-fried chicken strips / (2006) 478 kcal	10.60	12.13
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	10.03	11.56
Irish beef & pancetta lasagne Choose: Side salad, dressing 794 kcal; Chips 1295 kcal	10.60	12.13

Sides and extras

Bowl of chips Ø 964 kcal (Add: Spicy seasoning Ø (1 kcal) 34p)			4.23	
Small bowl of chips 🧭 602 kcal			2.48	
Five chicken wings 🖅 🖉 402 kcal			3.34	
Peas 🧑 110 kcal			94p	
Side salad 🥥 101 kcal				2.29
Coleslaw 💟 399 kcal				1.40
Sliced chillies ####################################			88p	
Mushy peas 🥥 248 kcal			94p	
Roasted vegetables 🧭 135 kcal			1.53	
Garlic mayo V 237 kcal				
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	8 " 364 kcal	4.40	11 " 728 kcal	5.57
With cheese V	8 '' 437 kcal	4.98	11 " 873 kcal	6.44