Sides and extras

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)			4.23	
Small bowl of chips @ 602 kcal			2.48	
Five chicken wings 💋	402 kcal			3.34
Eight Whitby breaded so	ampi 527 kcal			4.99
Grilled halloumi-style c	heese 446	kcal		1.97
Peas 🧭 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🥝 87 kcal			2.29	
Mediterranean side salad 🤕 198 kcal				3.22
Roasted vegetables 🧭 135 kcal				1.53
Coleslaw V 399 kcal				1.40
Sliced chillies 🖉 🖉 🌮 🧑 3 kcal				88p
Chicken gravy 50 kcal				94p
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	8 " 386 kcal	4.40	11 " 772 kcal	5.57
With cheese V	8 '' 461 kcal	4.98	11 " 922 kcal	6.44

Desserts

Vanilla ice cream (V) (555) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch (V) (1999) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie V (555) 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (‱) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes ♥ (‱) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit () 🚳 👹 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake V 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie ♥ 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich 🔮 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble Vanilla ice cream 830 kcal or custard 694 kcal	5.62
American-style pancakes (V) (Signa 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	4.99

Add: Custard 💟 (134 kcal) 1.23; Vanilla ice cream scoop 💟 (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (74 kcal) 42p Banana (101 kcal) 62p; Strawberries (14 kcal) 62p; Blueberries (17 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 **////** = Very hot **Extremely hot** Vegetarian 🖉 Vegan 🚳 5% fat or less 1 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.§

Served BREAKFAST 8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.5
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.9
Small breakfast 쨼 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.4
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast © 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.5
Vegetarian breakfast 	4.9
Small vegetarian breakfast (V) (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.4
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.6
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.4
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.8
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.9

Breakfast extras

1.51	Two rashers of back
1.05	Four rashers of map
1.05	Two scrambled egg
1.97	Fried egg V 56 kcal
93p	Poached egg V 63 kg
	1.05 1.05 1.97

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread 3.88 Sausage butty 713 kcal. Two sausages, buttered white bloomer bread 3.88 Quorn[™] sausage butty ♥ 609 kcal 3.88 Two Quorn sausages, buttered white bloomer bread

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

	0101110
Egg & cheese muffin V ()) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin (555) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin (555) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn[™] sausage muffin ♥ (555) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 🚟 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin ⊘ ∞ ∞ ∞ 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg V (63 kcal) 93p Grilled halloumi-style cheese V (396 kcal) 1.97	4.01
Add: Hash brown 🥥 (82 kcal) 46p	

Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml)

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

^OOffer (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. [§]Statement of daily calorie needs from the Department of Health & Social Care. ¹¹Excluding decaffeinated. ***Drinks exclude bottled wine, sparkling wine, Prosecco**,

cocktails, spritzes, 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

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire Hollandaise sauce, rocket	5.14 cured ham,
Mushroom Benedict V 629 kcal Two poached eggs, on an English muffin, with mushroor Hollandaise sauce, rocket	n,
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pud Hollandaise sauce, rocket	ding,
American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syru Four pancakes, maple-flavour syrup. ♥ 554 kcal	p. 645 kcal 4.99 4.30
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syru Two pancakes, maple-flavour syrup. V 😵 🚟 277 k	
Scrambled egg on toast	3.77
Beans on toast V 🤓 566 kcal. Buttered white bl	oomer toast 3.66
Small beans on toast (V 🧐 🐯 251 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmala White bloomer bread	de ♥ 496 kcal 2.47
Fresh fruit @ 58 (555) 177 kcal Apple, banana, blueberries, strawberries	3.66
Porridge V S (101 kcal) 252 kcal (plain) Add: Banana Ø (101 kcal) 62p; Maple-flavour syrup (Strawberries Ø (14 kcal) 62p; Blueberries Ø (17 kca Honey V (91 kcal) 34p	

hers of back bacon 99 kcal	1.57	Hash brown 🥝 82 kcal	46p
shers of maple-cured bacon 91 kcal	1.52	Two mushrooms 🥏 91 kcal	93р
ambled eggs V 136 kcal	1.63	Two grilled tomato halves 🤕 16 kcal	52p
19 V 56 kcal	93p	Slice of toast V 191 kcal	1.13
d egg V 63 kcal	93p		

Breakfast wrap 739 kcal	4.36
Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap V 835 kcal	4.36
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

-Tea, coffee and hot chocolate -

FREE TEA, COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVAILA 🛞 🚇 1.56

Flat white 💙 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso ⊘ 6 kcal Black coffee Ø 6 kcal White coffee V 24 kcal (Oat milk available 🕖 4 kcal) Hot chocolate 💟 169 kcal with semi-skimmed milk 🔍 14 kcal (Oat milk available 🤕 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

> for the facts drinkaware.co.uk 🛪 jdwetherspoon.com \neg

website and Wetherspoon app. Adults need around 2000 kcal a day.§

be found on our customer information screen, STD 🗾

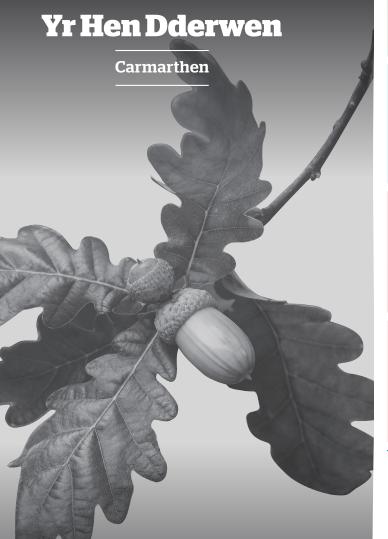






Main menu 11.30am - 11pm. Children's menu available.

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



Carmarthen's old oak (yr hen dderwen) stood at the junction of Priory Street and Old Oak Lane for over 300 years. This famous landmark is said to have sprung from an acorn planted in 1659 by a master at the grammar school. Fragments of the oak tree can be seen in St Peter's Civic Hall and the County Museum. Its name lives on in this public house which was purpose built in 1957 for Boots the Chemist.

Breakfas 8am - 12 noon	
Tea, coffee and hot chocolate Free refills "	£1.56
Burger INCLUDES Featuring 302 An soft drink* £5.44	A DRINK A merican burger
Afterno INCLUDESA Mon - Fri, 2 Featuring small freshly soft drink* £6.09	2pm – 5pm battered fish and chips alcoholic drink*
Steak INCLUDES A Tuesday 11.3 Featuring class soft drink* £9.67	DRINK - 11 pm
Curry INCLUDESA Thursday 11. Featuring the ka soft drink* £7.91	DRINK •
II.com to and	

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.



FOOD HYGIENE RATING 012345

Food hygiene rating We have been awarded

the maximum food hygiene rating of 5 in our pub.



Allergen and nutritional information can

100% UK and Irish beef Sourced from farms in the UK and Ireland. Traceable from farm

to fork.



RSPCA

ASSURED

Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.

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.

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

LAVALLA



The freshly ground 100% Arabica Lavazza coffeet we serve is from Rainforest Alliance-certified farms.

Coffee



The Tetley tea we serve also comes from Rainforest Alliance-certified farms

Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.



57 in England, Ireland, HOTELS Scotland and Wales

wetherspoon hotels

Book direct for the best rates jdwetherspoon.com or on our app

Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.	
Margherita V (555) 470 kcal Mozzarella, basil	5.91
Pepperoni 💋 578 kcal Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable V 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable Ø 58 (555) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast FFF 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread 🔍 772 kcal	5.57
Nachos /// 👽 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips 🥏 964 kcal	4.23
Bowl of chips with curry sauce 🥥 1082 kcal	5.58
Cheesy chips 💟 1256 kcal	5.41
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup 💟 😵 📆 341 kcal White bloomer bread	4.23
With any of the small plates below, choose one dip: Sweet chilli ♥♥ @ 48 kcal; Sticky soy ♥ 100 kcal Naga chilli ♥♥♥ @ 136 kcal; Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal Chipotle mayo ♥♥♥ ♥ 150 kcal; Blue cheese ♥ 270 kcal	
Halloumi-style fries V (300 kcal	4.96
Chicken bites 508 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 559 kcal. Five chicken breast strips	
Chicken wings /// 804 kcal. Ten spicy chicken wings	6.75
Quorn [™] nuggets @ (555) 331 kcal. Eight coated pieces	5.19

Deli Deals[°] INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base.	
Choose any 8" pizza from the small plates section.	
Paninis	
Tuna mayo and Cheddar cheese 599 kcal	
Cheddar cheese and tomato V 532 kcal	
Wiltshire cured ham and Cheddar cheese 512 kcal	soft drink* 5.70
BBQ chicken, bacon and Cheddar cheese 572 kcal	each
Wraps	alcoholic drink*
Quorn [™] nuggets @ 534 kcal Tomato, cucumber, salsa	7.23 each
Southern-fried chicken and smoky chipotle mayo	
Cold chicken and sweet chilli sauce 🎢 🚳 514 kcal	

Fried halloumi-style cheese and sweet chilli sauce **FF** V 738 kcal Tomato, cucumber

Add: Chips @ (602 kcal); Salad @ (87 kcal)

Tomato & basil soup @ (150 kcal): Spicy rice @ (208 kcal) 1.44 each

Jacket potatoes Includes A DRINK

With salad and one filling. Extra fillings 1.22 each.	
Tuna mayo 621 kcal	soft drink*
Coleslaw 💟 578 kcal	6.85 each
Cheese 🕐 531 kcal	alcoholic drink*
Baked beans 🥏 😳 501 kcal	8.38
Five-bean chilli 卢 🧭 🧐 🖏 🖏 431 kcal	each
Roasted vegetables 🧭 🥸 🗺 402 kcal	

om 100% British beef.

Burgers Includes a drink		
•		ourgers mad
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink*	
Classic beef burger 676 kcal	5.44	alcoholic drink* 6.97
Iceberg lettuce, tomato, red onion	each	each
Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips	
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 6.04 lic drink* 7.57
Double beef burgers Two 30z beef patties.	•••••	
Served with chips (602 kcal, included in Calories	below).	
Double American burger 1137 kcal	soft drink*	alcoholic drink*
Red onion, gherkin, ketchup, American-style mustard	7.73	9.26
Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion	each	each
Double American cheese burger 1206 kcal		oft drink* 8.30
American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 8.30 lic drink* 9.83
Just-a-burger		
Served on its own, without chips or a drink.		each 3.36
American burger (555) 366 kcal Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger 🖊 ໜ 459 kc	al	
Two southern-fried chicken strips, iceberg lettuce, mayon		
Additional toppings and burger patties	5	
Maple-cured bacon with Cheddar cheese 174 kg		2.14
Maple-cured bacon with American-style chee	se 160 kcal	2.14
Cheddar cheese 💟 83 kcal		1.52
American-style cheese 💟 69 kcal		1.52
Maple-cured bacon 91 kcal		1.52
Crunchy chicken strip 🖉 92 kcal		1.50
3oz beef patty 169 kcal Fried halloumi-style cheese V 446 kcal		
Grilled chicken breast 187 kcal		
Fried buttermilk chicken 473 kcal		each 1.97
Breaded vegetable patty 💟 257 kcal		
🕞 BEYOND MEAT patty 🥥 184 kcal		

Chicken INCLUDES A DRINK

Char-grilled half chicken Chicken on the bone is marinated, slow cooked and finished on the char-grill.		
Lemon and herb / Char-grilled in a lemon & herb glaze		
Coleslaw, garlic & herb dip	soft drink*	
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal	10.83 each	
Hot and spicy PPP Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*	
Coleslaw, Naga chilli dip	12.36	
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each	
Side salad 948 kcal; Mediterranean salad 1058 kcal Char-grilled half chicken, mash and gravy 857 kcal		
Lemon & herb chicken, peas, chicken gravy		
Chicken baskets		
Chicken wing basket 🕬 Eight wings, coleslaw, Naga chilli dip	1	
Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal		
Boneless basket //		
Three southern-fried chicken strips, five chicken breast bites, coleslaw. BBQ sauce		
Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal		
Chicken bites basket	soft drink*	
Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	8.68 each	
Southern-fried chicken strips basket /	alcoholic drink*	
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.21	
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	each	
Quorn™ 'no chicken' nuggets basket ₽₽ 🔍		
Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal		
Add: Chicken gravy (50 kcal) 94p		

Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below). Heatwave burger Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Grilled chicken breast 1754 kcal; Fried buttermilk chicken 2039 kcal Ultimate burger 1661 kcal soft drink* Two 3oz beef patties, maple-cured bacon, Cheddar cheese, 9.93 signature burger sauce, gherkin each Tennessee burger alcoholic drink* Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze 11.46 Choose: Beef (two 3oz beef patties) 1565 kcal each 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) 1644 kcal; Grilled chicken breast 1495 kcal Fried buttermilk chicken 1780 kcal Fiesta burger ⊘ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 kcal soft drink* 11.38 Three 3oz beef patties, American-style cheese, alcoholic drink* 12.91 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard **Chicken burgers** Served with a small portion of chips (329 kcal, included in the Calories below). soft drink* 5.44 Crunchy chicken strip burger **787** kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 6.97 Served with chips (602 kcal, included in Calories below). soft drink* Fried buttermilk chicken burger 1254 kcal 7.73 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 58 (555) 388 kcal 9.26 each Grilled chicken breast with salad, instead of chips **Meat-free burgers** soft drink* Served with chips (602 kcal, included in Calories below). 7.73 Fried halloumi-style cheese burger **//** 🛛 1128 kcal each Sweet chilli sauce alcoholic drink* Breaded vegetable burger V 1038 kcal 9.26 Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,

Beyond Burger[™] Ø 834 kcal. 🞧 BEYOND MEAT plant-based patty

Curries Includes A DRINK

mature Cheddar cheese

Katsu curries With a mild Japanese-style katsu curry sauc	ce,
Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ഈ 541 kcal Sliced grilled chicken breast Katsu Quorn [™] nugget curry @ 685 kcal Eight coated pieces	soft drink* 8.73 each alcoholic drink* 10.26 each
Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry // @ 3867 kcal Chicken tikka masala // 1190 kcal Chicken jalfrezi /// 3935 kcal Beef Madras // 1043 kcal	soft drink* 9.84 each alcoholic drink* 11.37 each
Change your plain naan to a garlic naan 💟 (add 58 kcal) 47p	
Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted	
cauliflower & spinach curry // @ Choose: Basmati pilau rice \$508 kcal; Chips 910 kcal Simple chicken tikka masala // Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi /// Choose: Basmati pilau rice \$575 kcal; Chips 977 kcal	soft drink* 7.62 each alcoholic drink* 9.15 each
onoose: Dasman phan mee 🦥 5/5 ktal; onps /// ktal	

Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

11" pi **On a fres**

Margherit Pepperon Ham and r Mozzarella, ha **BBQ** chick Mozzarella, BE Roasted v Mozzarella, m

Vegan roa Mushroom, roa Spicy mea

Mozzarella, ha

Red onion 🥝 1

Smal

Fish and Small fres Peas 680 kcal Small Whi Chips, peas 65 Four Whitby br

Add: Two slice Chip shop-sty Small Wilt egg and ch One slice of Wi Small all-Sausage, baco Small vege Two Quorn sau

Afte Mon - F Choose fr

each

Fish and Freshly ba Peas 1239 kcal Whitby bre Chips, peas 11 Eight Whitby br

Add: Two slice: Chip shop-sty

Steak & ki

Peas, onion & r Choose: Chips **Bangers** a Three Lincolns Vegetariar Three Quorn sa Wiltshire of Two slices of W Sausages, Three Lincolns Vegan sau Three Quorn sa Five-bean All-day br Two sausages Add: Two slice: Vegetariar

Three Quorn sa After Mon - F

ZZAS INCLUDES A DRINK	(* • • • • •	
hly baked sourdough base. ta 🔇 939 kcal. Mozzarella, basil	soft drinl 8.68	alcoholic drir 10.2 ²
ni 📁 1157 kcal. Mozzarella, pepperoni mushroom 1012 kcal		
am, mushroom, rocket ken 1103 kcal BQ sauce, chicken breast, red onion, rocket	soft drink* 9.84 each	alcoholic drink* 11.37 each
regetable (V) 1029 kcal nushroom, roasted pepper, courgette, onion, k	pasil	
asted vegetable Ø 🚳 705 kcal basted pepper, courgette, onion, basil		
at feast //// 1220 kcal am, pepperoni, chicken breast, sliced chillies	11.02 , rocket	2 12.55

Additional toppings

Red onion @ 10 kcal; Sliced chillies ######@ 3 kcal; Mushroom @ 6 kcal e	
Garlic & herb dip 🥥 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal	
Chicken breast 94 kcal; Maple-cured bacon 91 kcal er	each 1.15
Pepperoni 🎢 109 kcal; Roasted vegetables 🥥 135 kcal ea	ach 1.53

		RINK * * alcoholic drink*
chips shly battered cod and chips 🤣 . or mushy peas 739 kcal	7.84	9.37
i tby breaded scampi 58 kcal or mushy peas 718 kcal. readed scampi	7.84	9.37
es of bread 🔍 (383 kcal) 1.34 /le curry sauce 🧭 (118 kcal) 1.46		
tshire cured ham, hips (55) kcal iltshire cured ham, fried eqq	6.61	8.14
day brunch 666 kcal on, fried egg, baked beans, chips	6.91	8.44
letarian all-day brunch ♥ 680 kcal usages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

	soft drink*	alcoholic drink
ri, 2pm - 5pm	6.09	7.62
n the above small pub classic meals.		

Pub classics INCLUDES A DRINK

	soft drink	* alcoholic drink*
chips		
attered cod and chips 🧭 al or mushy peas 1298 kcal	10.08	11.61
eaded scampi 95 kcal or mushy peas 1255 kcal. readed scampi	10.08	11.61
es of bread 💟 (383 kcal) 1.34 /le curry sauce 🥥 (118 kcal) 1.46		
idney pudding red wine gravy	8.32	9.85
s 1223 kcal; Mashed potato 907 kcal		
and mash 950 kcal	8.32	9.85
shire sausages, peas, onion & red wine gravy n bangers and mash (V) 793 kcal	8.32	9.85
ausages, peas, onion & red wine gravy	0.01	,
cured ham, eggs and chips 856 kca	l 7.73	9.26
Wiltshire cured ham, two fried eggs , chips and beans 1170 kcal	7.73	9.26
shire sausages		
isages, chips and beans @ 1013 kca ausages	il 7.73	9.26
1 chilli // @ 😳 590 kcal. Rice, tortilla chips	8.32	9.85
runch 1213 kcal	9.72	11.25
, bacon, two fried eggs, baked beans, chips es of black pudding (355 kcal) 1.51		
n all-day brunch V 1126 kcal ausages, two fried eggs, baked beans, chips	9.72	11.25
rnoon deal		_
ri, 2pm – 5pm m the above pub classic meals.	soft drink* 7.27	alcoholic drink* 8.80

Steaks and grills INCLUDES A DRINK

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

	• • • • • •		
Classic 8oz sirloin steak Choose: Jacket potato 741 kcal Mashed potato 745 kcal; Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal	soft drink* 11.25	alcoholic drink* 12.78	
Gourmet 8oz sirloin steak			
With peas, tomato, mushroom, three onion rings and a steak sauce. Choose: Jacket potato 993 kcal Mashed potato 997 kcal; Chips 1314 kcal Mediterranean salad 909 kcal; Side salad 798 kcal	soft drink* 13.59	alcoholic drink* 15.12	
Mediterranean salad 909 kcal; Side salad 798 kcal Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal) Jack Daniel's® Tennessee Honey glaze 🖤 (87 kcal) 1.82 each			
Below meals are served with peas, tomato and mushroom.	soft drink	* alcoholic drink*	
BBQ chicken melt	10.08		
Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 🚳 803 kcal; Mashed potato 807 kcal Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 608 kcal			
5oz gammon and egg Choose: Jacket potato 🕸 610 kcal; Mashed potato 614 kc Chips 930 kcal; Mediterranean salad 526 kcal; Side salar			
10oz gammon and eggs	11.89		
Choose: Jacket potato @ 819 kcal; Mashed potato 824 kcal 13.42 Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 625 kcal			
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kca Chips 1513 kcal; Mediterranean salad 1108 kcal; Side sal		13.42	
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kc Chips 2006 kcal; Mediterranean salad 1602 kcal; Side sa		15.18	

Salads and pastas INCLUDES A DRINK

	soft drink* al	coholic drink*
Burrito salad bowl ♥ 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli 🖉 ♥ (119 kcal) 1.97	8.62	10.15
Grilled halloumi-style cheese & roasted vegetable salad () ()) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast @ (779 kcal Southern-fried chicken breast strips (777 461 kcal	9.47	11.00
Mediterranean salad ⊘ ⊗ ∰ 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese ♥ (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables ⊘ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	8.35	9.88
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	8.90	10.43
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	9.47	11.00
Adults need around 2000 kcal a day.§		