### 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 scampi 527 kcal			4.99	
Grilled halloumi-style cheese 👽 446 kcal		1.97		
Peas 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad @ 87 kcal				2.29
Roasted vegetables 🥥 135 kcal		1.53		
Coleslaw <equation-block> 399 kcal</equation-block>				1.40
Sliced chillies	∂ 3 kcal			88p
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread 🛡	<b>8</b> " 386 kcal	4.40	<b>11</b> " 772 kcal	5.57
With cheese (V)	<b>8</b> " 461 kcal	4.98	<b>11</b> " 922 kcal	6.44

5.33
1.82
1.82
2.98
2.98
4.56
5.33
5.33

Vanilla ice cream scoop V (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p Toffee sauce (74 kcal) 42p Banana (101 kcal) 62p Strawberries (a) (14 kcal) 62p Blueberries @ (17 kcal) 62p

### ALLERGEN AND NUTRITIONAL INFORMATION

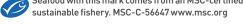
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- 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
= Extre	mely hot	
VVegetarian 🥏	Vegan 5985% fat or less	Dish under 500 Calories
Seafood w	ith this mark comes from	an MSC-certified



Adults need around 2000 kcal a day.§

# BREAKFAST Served 8am-12 noon

7.43	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
5.75	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
5.19	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92
7.43	Scrambled egg on toast <b>②</b> 570 kcal Three eggs, buttered white bloomer toast	4.36
	<b>Beans on toast </b> ♥ 🕸 566 kcal. Buttered white bloomer toast	3.77
5.75	Small beans on toast ♥ ॐ ♥ 251 kcal Buttered white bloomer toast	2.62
5.19	Fresh fruit @ 🖘 😘 177 kcal Apple, banana, blueberries, strawberries	3.77
5.36	Porridge ♥   252 kcal (plain) Add: Banana   (101 kcal) 62p; Strawberries   (14 kcal) 62p Blueberries   (17 kcal) 62p; Honey ♥ (91 kcal) 34p	2.09
5.19	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.93
2.58	<b>Vegetarian breakfast wrap ♥</b> 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.93

### **Breakfast extras**

Large breakfast 1286 kcal

Traditional breakfast 742 kcal

Small breakfast (500) 419 kcal

mushroom, tomato, two slices of toast

mushroom, tomato, slice of toast

Vegan breakfast @ 786 kcal

tomato, slice of toast, vegan spread

Freedom breakfast 545 kcal

White bloomer bread

Vegetarian breakfast V 816 kcal

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

Large vegetarian breakfast V 1206 kcal

mushroom, two slices of toast

Two fried eggs, bacon, two sausages, baked beans, three hash browns,

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

Add: Haggis (246 kcal) 1.40; Two slices of black pudding (355 kcal) 1.51

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

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

Small vegetarian breakfast V 5313 kcal

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

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

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

Two slices of toast with jam or marmalade V 686 kcal

dd any of the following:					
wo slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57	Hash brown 🥏 82 kcal	46p
ausage 168 kcal	1.05	Two scrambled eggs 💜 136 kcal	1.63	Two mushrooms @ 91 kcal	93p
l <b>uorn<sup>™</sup> sausage ⊘</b> 116 kcal	1.05	Fried egg <equation-block> 56 kcal</equation-block>	93p	Two grilled tomato halves @ 16 kcal	52p
aked beans 🥏 126 kcal	93p	Poached egg V 63 kcal	93p	Slice of toast V 191 kcal	1.13

### **Breakfast deals**

Includes tea, coffee or hot chocolate. Free refills

Breakfast roll Choose: Bacon (555) 303 kcal; Sausage 540 kcal; Quorn™ sausage ♥ (555) 436 kcal; Fried egg ♥ (555) 260 kcal Haggis (556) 450 kcal; Black pudding 559 kcal	3.7'
Egg & cheese muffin © (355) 249 kcal Fried egg, American-style cheese, in an English muffin	3.7
Egg & bacon muffin 255 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.2
Egg & sausage muffin 6555 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.2
<b>Egg &amp; Quorn™ sausage muffin ♥ (%)</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.2
Breakfast muffin 366 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.4
Add: Hash brown @ (82 kcal) 46p	• • • • • • • • • • • • • • • • • • • •

### -Tea, coffee and hot chocolate-

TEA. COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVATIA (\*) £1.56

Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal) Decaffeinated tea and coffee available.

Flat white 92 kcal

Mocha V 147 kcal

Cappuccino V 102 kcal Latte V 113 kcal

### **Biscuits**

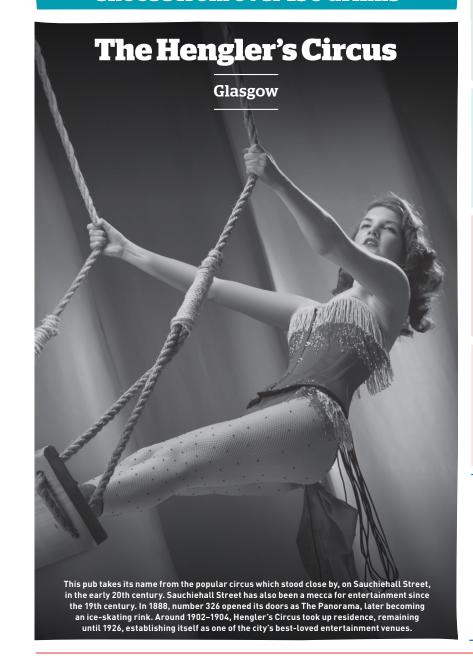
Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar 316 kcal 1.64

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 quidance 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. \*Statement of daily calorie needs from the 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 J20 and all canned soft drinks, except Monster. An alternative may be offered for

for the facts drinkaware.co.uk ♡ jdwetherspoon.com ⊃

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

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



**Breakfast** 

8am - 12 noon

breakfast

**Traditional** 

Tea. coffee and hot chocolate Free refills

# **Burger meals**

### INCLUDES A DRINK •

Featuring 3oz American burger soft drink\* alcoholic drink\*

£6.04

£7.57

# **Afternoon deals**

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink\*

£6.67

£8.20

# Steak Club

INCLUDES A DRINK •

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin soft drink\*

£10.26 £11.79

# Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink\*

£8.49

£10.02

## 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.







We have been awarded the food hygiene rating of PASS in our pub.



Traceable from farm

to fork.

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.

Free-range eggs

Sustainable fish

fisheries.

The cod and haddock we serve

come from fisheries which have

been independently certified

well-managed and sustainable

to the MSC's standards for



### Arabica Lavazza coffee<sup>t</sup> we serve is from Rainforest Alliance-certified farms.

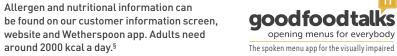
The Tetley tea we serve also comes from Rainforest

Alliance-certified farms. Tetley is a member of

The freshly ground 100%



the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.







Small plates Any 3 for £14.93 8" pizzas on a freshly baked sourdough base.		
Margherita ♥ 555 470 kcal Mozzarella, basil	6.04	
Haggis 597 kcal Mozzarella, haggis, red onion	6.61	
Pepperoni <b>F</b> 578 kcal Mozzarella, pepperoni	6.61	
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.61	
<b>BBQ chicken</b> 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.61	
<b>Roasted vegetable </b> ♥ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.61	
<b>Vegan roasted vegetable @</b> \$3 \$53 kcal Mushroom, roasted pepper, courgette, onion, basil	6.61	
Spicy meat feast <b>FFF</b> 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.20	
11" garlic pizza bread ♥ 772 kcal	5 57	
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 ♥ 📆 396 kcal	4.96	
Chicken bites 555 298 kcal Ten battered chicken breast pieces	6.09	
Southern-fried chicken strips    ✓ 359 kcal  Five chicken breast strips	6.20	
Chicken wings 804 kcal Ten spicy chicken wings	6.75	
Quorn <sup>™</sup> nuggets <b>③</b> \$331 kcal.	5.19	

# Deli Deals INCLUDES A DRINK •

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Eight coated pieces

Haggis and Cheddar cheese 687 kcal

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal

BBQ chicken, bacon and Cheddar cheese 572 kcal

### Wraps

Shawarma chicken 749 kcal

Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Quorn<sup>™</sup> nuggets @ 534 kcal Tomato, cucumber, salsa

Southern-fried chicken and smoky chipotle mayo FFF 639 kcal

Fried halloumi-style cheese and sweet chilli sauce // 🖸 738 kcal Tomato, cucumber

**Chips** (602 kcal) Salad (87 kcal) Spicy rice @ (208 kcal) 1.44 each

### Burgers INCLUDES A DRINK • Beef burgers made from 100% British beef.

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below). American burger 695 kcal soft drink Red onion, gherkin, ketchup, American-style mustard 6.04 each Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion alcoholic drink\* 7.57 Skinny beef burger 500 369 kcal each Iceberg lettuce, tomato, red onion, with a side salad, instead of chips American cheese burger 729 kcal soft drink\* 6.61 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 8.14 American-style mustard Double beef burgers Two 3oz beef patties. soft drink\* Served with chips (602 kcal, included in Calories below) 8.30 each Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard alcoholic drink\* Double classic beef burger 1118 kcal 9.83 each Iceberg lettuce, tomato, red onion Double American cheese burger 1206 kcal soft drink\* 8.88 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 10.41 American-style mustard **Gourmet burgers** Served with chips, six onion rings (871 kcal, included in Calories below). Caledonian burger 1713 kcal Two 3oz beef patties, haggis, whisky sauce Tennessee burger soft drink Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze 10.51 each Beef (two 3oz beef patties) 1565 kcal Grilled chicken breast 1416 kcal alcoholic drink\* 12.04 Fried buttermilk chicken 1702 kcal **BBQ burger** Maple-cured bacon, Cheddar cheese, BBQ sauce Chanse. Beef (two 3oz beef patties) 1644 kcal Grilled chicken breast 1495 kcal Fried buttermilk chicken 1780 kcal Triple American cheese & bacon burger 1479 kcal soft drink\* 11.96 Three 3oz beef patties, American-style cheese, maple-cured bacon, alcoholic drink\* 13.49 red onion, gherkin, ketchup, American-style mustard

### Jacket potatoes Includes A DRINK • • •

With salad and one filling. Extra fillings 1.22 each

soft drink\* Coleslaw V 578 kcal 7.43 each Cheese V 531 kcal alcoholic drink\* Baked beans @ 501 kcal 8.96 Roasted vegetables @ 598 5999 402 kcal

### Chicken baskets INCLUDES A DRINK ...

soft drink\*

9.25

alcoholic drink\*

10.78

Boneless basket #

Three southern-fried chicken strips, five chicken breast bites, coleslaw BBO sauce

soft drink\*

6.27

each

alcoholic drink\*

7.80

each

Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal

Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Spicy rice 32 739 kcal; Chips 1133 kcal; Side salad 618 kcal

Southern-fried chicken strips basket Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze

Choose

Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

Quorn™ 'no chicken' nuggets basket 🖊 💟 Eight coated pieces, coleslaw, sweet chilli sauce Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

**Just-a-burger** 

Served on its own, without chips or a drink.

American burger 366 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / 459 kcal

3.59 each Two southern-fried chicken strips, iceberg lettuce, mayonnaise

soft drink\*

8.30

soft drink\*

8.30

each

alcoholic drink\*

9.83

each

each **1.97** 

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below).

Crunchy chicken strip burger # 787 kcal soft drink\* 6.04 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink\* 7.57

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

Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet

each Grilled chicken breast burger 969 kcal alcoholic drink\* 9.83 Skinny chicken burger 58 588 kcal each Grilled chicken breast with salad, instead of chips

Meat-free burgers Served with chips (602 kcal, included in Calories below). Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella.

mature Cheddar cheese BEYOND MEAT plant-based patty

Additional toppings and burger patties 2.14 Maple-cured bacon with Cheddar cheese 174 kcal 2.14 Maple-cured bacon with American-style cheese 160 kcal 1.52 Cheddar cheese 
83 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal 1.50 Crunchy chicken strip / 92 kcal

3oz beef patty 169 kcal Grilled chicken breast 187 kgal Fried buttermilk chicken 473 kcal Breaded vegetable patty V 257 kcal

BEYOND MEAT patty @ 184 kcal

### Pastas and noodles

INCLUDES A DRINK

British beef & pancetta lasagne

Choose:

Side salad 780 kcal

Chips 1295 kcal

soft drink\* alcoholic drink Ramen noodle bowl / @ 50 236 kcal 9.47 11.00 Noodles, bean sprouts, shiitake mushroom, spring onion. carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Grilled chicken breast (94 kcal) 1.15 Poached egg (63 kcal) 93p Macaroni cheese V 1186 kcal 8.35 9.88 Chips ·hhΔ Cheese (V) (83 kcal) 1.52 Maple-cured bacon (91 kcal) 1.52 Pasta alfredo V 618 kcal 9.47 11.00 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52

10.03

11.56

### Curries Includes a Drink •

### **Katsu curries**

With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

Katsu chicken curry 826 kcal soft drink\* Sliced whole breaded chicken breast fillet 9.31 each Katsu grilled chicken curry 55 541 kcal Sliced grilled chicken breast alcoholic drink\* 10.84 Katsu Quorn™ nugget curry @ 685 kcal each Eight coated pieces

**Classic curries** 

With basmati pilau rice. plain naan and poppadums. Mangalorean roasted cauliflower

& spinach curry **FF** @ 867 kcal Chicken tikka masala ## 1190 kcal

Beef Madras / 1043 kcal

Change your plain naan to a garlic naan (V) (add 58 kcal) 47p

# Small pub classics INCLUDES A DRINK .

Fish and chips Small freshly battered haddock and chips 2 8.44 Peas 680 kcal or mushy peas 739 kcal

Small Whitby breaded scampi 8.44 9.97 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi

Add: Two slices of bread (383 kcal) 1.34 Chip shop-style curry sauce (a) (118 kcal) 1.46

Small Wiltshire cured ham, 7.20 8.73 egg and chips (505) 455 kcal One slice of Wiltshire cured ham, fried egg

### Afternoon deal soft drink\* Mon - Fri, 2pm - 5pm 6.67

Choose from the above small pub classic m

### Pub classics includes a drink

soft drink\* alcoholic drink\* Fish and chips Freshly battered haddock and chips 🕖 12.18 10.65 Peas 1239 kcal or mushy peas 1298 kcal 12.18 Whitby breaded scampi 10.65 Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi Add: Two slices of bread (383 kcal) 1.34 Chip shop-style curry sauce @ (118 kcal) 1.46

Steak & kidney pudding 1223 kcal 8.91 10.44 Chips, peas, onion & red wine gravy Wiltshire cured ham, eggs and chips 856 kcal 8.32 9.85 Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 8.32 9.85

Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 8.32 9.85 Three Quorn sausages 10.31 11.84 All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51

Vegetarian all-day brunch V 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips

Afternoon deal soft drink\* alcoholic drink Mon - Fri, 2pm - 5pm 7.84 9.37

10.31

11.84

•••••	
Haggis 1194 kcal Mozzarella, haggis, red onion	
Pepperoni // 1157 kcal Mozzarella, pepperoni	soft drink*
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket	10.43 each
<b>BBQ chicken</b> 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* 11.96 each
Roasted vegetable ♥ 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
<b>Vegan roasted vegetable 3 3</b> 705 kcal Mushroom, roasted pepper, courgette, onion, basil	
Spicy meat feast /// 1220 kcal 11.60 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	13.13
Additional toppings Red onion ② 10 kcal	
Sliced chillies ///// @ 3 kcal Mushroom @ 6 kcal	each <b>88p</b>
Plusinoon & Creat	
Garlic & herb dip ⊚ 180 kcal Mozzarella ♥ 150 kcal Ham 71 kcal	
Chicken breast 94 kcal Maple-cured bacon 91 kcal	each <b>1.15</b>
Pepperoni ♥♥ 109 kcal Roasted vegetables ⊚ 135 kcal	each <b>1.53</b>
ituasieu vegetautes 🤝 100 kcat	eacii 1.33

11" pizzas includes a drink •

soft drink\* alcoholic drink\*

10.78

9.25

On a freshly baked sourdough base.

Margherita V 939 kcal

Mozzarella, basil

soft drink\*

10.43

each

alcoholic drink\*

11.96

each

9.97

alcoholic drink\*

8.20

### Steaks and grills INCLUDES A DRINK .

soft drink\*

11.84

soft drink\*

14.18

14.23

alcoholic drink\*

13.37

alcoholic drink\*

15.71

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 Chins 1061 kcal

Side salad 546 kcal Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings

and a steak sauce. Choose:

Jacket potato 993 kcal Chips 1314 kcal Side salad 798 kcal

> Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal) Jack Daniel's® Tennessee Honey glaze ♥ (87 kcal)

Whisky sauce (81 kcal) each **1.82** Below meals are served with peas,

soft drink\* alcoholic drink Mixed arill 12.48 14.01 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal Chips 1513 kcal; Side salad 997 kcal

Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings

Choose: Jacket potato 1686 kcal Chips 2006 kcal; Side salad 1491 kcal

Add: Haggis and whisky sauce (313 kcal) 2.75

Adults need around 2000 kcal a day.§

15.76