#### Sides and extras

Dideo dide	DAN 64 661			
Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)			4.23	
Small bowl of chips @ 60	Small bowl of chips @ 602 kcal			2.48
Five chicken wings	402 kcal			3.34
Eight Whitby breaded sc	<b>ampi</b> 527 kcal			4.99
Grilled halloumi-style cl	heese 🕐 446 l	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 FFFF @ 3 kcal			88p	
Chicken gravy 50 kcal				94p
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 W	8" 461 kcal	4.98	11" 922 kcal	6.44

Desserts	
Vanilla ice cream ♥ (****) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch © 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie V (335 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (\$66) 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
<b>Warm chocolate fudge cake </b> ♥ 913 kcal. Vanilla ice cream	5.33
<b>Warm chocolate brownie №</b> 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
<b>Warm cookie dough sandwich ♥</b> 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble V Vanilla ice cream 830 kcal or custard 694 kcal	5.62
American-style pancakes ♥ ॐ 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 ♥ 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.§

# BREAKFAST

# 8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast Small breakfast (1986) 419 kcal	4.99 4.45	Mushroom Benedict <b>©</b> 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Fried egg, bacon, sausage, baked beans, hash brown  Add: Two slices of black pudding (355 kcal) 1.51		Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Large vegetarian breakfast 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59	American-style pancakes  Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal  Four pancakes, maple-flavour syrup. ♥ № 554 kcal	4.99 4.30
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 277 kcal	3.54 3.25
Small vegetarian breakfast (V) (377) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegan breakfast ⊘ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Beans on toast  \$\mathbf{V}\$ \$\sigma 566\$ kcal. Buttered white bloomer toast  \$\mathbf{S}\$ mall beans on toast  \$\mathbf{V}\$ \$\sigma \text{\$\sigma 0}\$ \$\text{\$\sigma 0}\$ 251 kcal   Buttered white bloomer toast	3.66 2.62
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Two slices of toast with jam or marmalade ♥ (***) 496 kcal White bloomer bread	2.47
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages,	6.85	Fresh fruit	3.66
four pancakes, maple-flavour syrup  Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99	Porridge ♥ ॐ  252 kcal (plain) Add: Banana ⊘ (101 kcal) 62p: Maple-flavour syrup ⊘ (125 kcal) 34p Strawberries ⊘ (14 kcal) 62p: Blueberries ⊘ (17 kcal) 62p Honey ♥ (91 kcal) 34p	2.09

### **Breakfast extras**

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57	Hash brown 🥝 82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
<b>Quorn</b> <sup>™</sup> <b>sausage ⊘</b> 116 kcal	1.05	Two scrambled eggs 🕐 136 kcal	1.63	Two grilled tomato halves 🥥 16 kcal	52p
Grilled halloumi-style cheese V 396 kcal	1.97	Fried egg 🤍 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal	93p		

### **Breakfast butties and wraps**

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88
Quorn™ sausage butty <b>V</b> 609 kcal	
Two Quorn sausages, buttered white bloomer bread	

### Breakfast muffin deal

Includes teal coffee or hot chocolate. Free refills

michaes lea, confee of mot chocolate. Free ren	шэ
<b>Egg &amp; cheese muffin ♥</b> (565) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
<b>Egg &amp; bacon muffin</b> (567) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
<b>Egg &amp; sausage muffin</b> (557) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
<b>Egg &amp; Quorn™ sausage muffin ♥ (555)</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 355 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin ② ③ 3550 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (396 kcal) 1.97	4.01
Add: Hash brown 🕢 (82 kcal) 46p	

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

### Tea, coffee and hot chocolate-

HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIR (A) (A)

Flat white **9**92 kcal Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee **2**4 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)

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

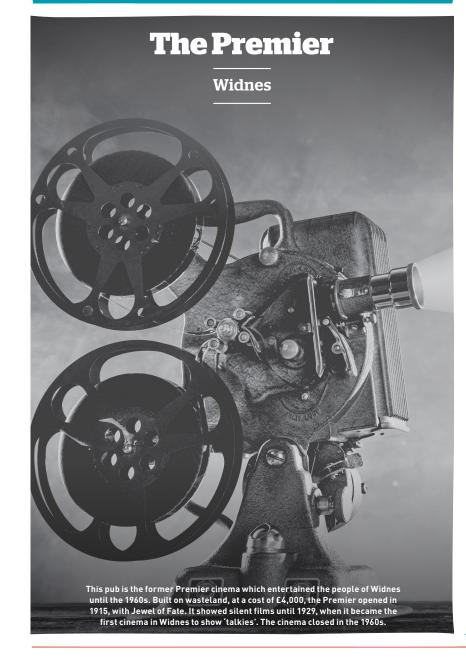
All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per 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 ⊃

Decaffeinated tea and coffee available.

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

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



## **Breakfast**

8am - 12 noon

breakfast £4.99

**Traditional** 

Tea. coffee and hot chocolate Free refills

### **Burger meals** INCLUDES A DRINK •

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

£5.44

£6.97

### **Afternoon deals**

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink\* £7.62

£6.09

### Steak Club

INCLUDES A DRINK •

Tuesday 11.30am - 11pm Featuring classic 8oz sirloin

soft drink\*

£9.67 £11.20

## Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink\*

£7.91

£9.44

### 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.

LAVALLA





#### **Food hygiene** rating

We have been awarded the maximum food hygiene rating



#### 100% UK and Irish beef Sourced from farms

in the UK and Ireland. Traceable from farm to fork.



#### 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.

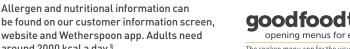


### The freshly ground 100%

Arabica Lavazza coffee 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 Ethical Tea Partnership (ETP), aiming to improve tea sustainability.









be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.§

### Small plates Any 2 for 44 02

Small plates Any 3 for £14.93	
8" pizzas on a freshly baked sourdough base.	
Margherita V 😘 470 kcal. Mozzarella, basil	6.14
Pepperoni 🖊 578 kcal. Mozzarella, pepperoni	6.74
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.74
BBQ chicken 558 kcal	6.74
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable § 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.74
	6.74
Vegan roasted vegetable @ 50 353 kcal Mushroom, roasted pepper, courgette, onion, basil	0./4
Spicy meat feast /// 618 kcal	7.33
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7100
adl as a second	
11" garlic pizza bread 🔮 772 kcal	5.57
Nachos /// © 592 kcal	5.81
Cheese, guacamole, salsa, sour cream, sliced chillies	4.23
Bowl of chips @ 964 kcal  Bowl of chips with curry sauce @ 1082 kcal	5.58
Cheesy chips V 1256 kcal	5.36
Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup V S S55 341 kcal. White bloomer bread	4.23
1011lato & basit soup 0 300 341 keat. White bloomer bread	4.25
With any of the small plates below, choose one dip:	
Sweet chilli // @ 48 kcal; Sticky soy V 100 kcal	
Naga chilli /// @ 136 kcal; Jack Daniel's® Tennessee Honey glaze V 87 kcal	
Chipotle mayo /// v 150 kcal; Blue cheese v 270 kcal	, 0,
Halloumi-style fries V 555 396 kcal	4.96 6.09
Chicken bites 300 298 kcal. Ten battered chicken breast pieces	0.07
Southern-fried chicken strips 655 459 kcal. Five chicken breast strips Chicken wings 666 804 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets @ \$30 331 kcal. Eight coated pieces	5.19
Sub 301 Kcat. Eight Coateu pieces	J.17

### Doli Doals INCLUDES A DRINK'-

INCLUDES A DRINK M	
NEW 10" wraps (small wrap and filling)	
Small brunch 543 kcal	
Fried egg, bacon, sausage, Cheddar cheese	just-a-wrap
Small vegetarian brunch V 538 kcal	3.08
Fried egg, two Quorn sausages, Cheddar cheese	each
Small Quorn <sup>™</sup> nuggets @ 5555 310 kcal	
Tomato, cucumber, salsa	soft drink*
Small southern-fried chicken	<b>4.11</b> each
and smoky chipotle mayo /// (500) 399 kcal	edcii
Small cold chicken and	alcoholic drink*
sweet chilli sauce 🎢 🚳 📸 277 kcal	5.64
Small fried halloumi-style cheese and	each
sweet chilli sauce 🖊 😯 😘 391 kcal	
Add: Small portion of chips (329 kcal): Small salad (46 kcal) 1.03	each

#### 12" wraps

**Quorn**<sup>™</sup> **nuggets ②** 534 kcal. Tomato, cucumber, salsa Southern-fried chicken and smoky chipotle mayo FFF 639 kcal Cold chicken and sweet chilli sauce FF 38 514 kcal Fried halloumi-style cheese and sweet chilli sauce // 👽 738 kcal. Tomato, cucumber

soft drink\*

5.70

each

alcoholic drink\* 7.23

Tuna mayo and Cheddar cheese 599 kcal Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal BBQ chicken, bacon and Cheddar cheese 572 kcal

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

Add: Chips @ (602 kcal); Salad @ (87 kcal) Tomato & basil soup @ (150 kcal); Spicy rice @ (208 kcal) 1.44 each

### Jacket potatoes INCLUDES A DRINK",

vith saidd and one filling. Extra fillings 1.22 each.	soft drink*
<sup>T</sup> una mayo 621 kcal	<b>6.85</b>
<b>Coleslaw ♥</b> 578 kcal	each
Cheese ♥ 531 kcal Baked beans ∅ ॐ 501 kcal Five-bean chilli 🖊 Ø ॐ 📆 431 kcal Roasted vegetables Ø ॐ ‱ 402 kcal	alcoholic drink* 8.38 each

Burgers Includes a DRINK	Beef l	ourgers mad			
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).				
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion	soft drink* <b>5.44</b> each	alcoholic drink* <b>6.97</b> each			
<b>Skinny beef burger</b> 369 kcal lceberg lettuce, tomato, red onion, with a side salad, instead of chips					
American cheese burger 729 kcal soft drink* 6.04 American-style cheese, red onion, gherkin, ketchup, American-style mustard soft drink* 7.57					
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories	below).				
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal	soft drink*	alcoholic drink*			
Iceberg lettuce, tomato, red onion	each	each			

soft drink\* 8.30 alcoholic drink\* 9.83

alcoholic drink\*

10.21

Just-a-burger Served on its own, without chips or a drink.	each <b>3.36</b>
American burger 366 kcal Red onion, gherkin, ketchup, American-style mustard	
Crunchy chicken strip burger ( ) 459 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	
Additional toppings and burger patties	***************************************
Maple-cured bacon with Cheddar cheese 174 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese V 83 kcal	1.52
American-style cheese V 69 kcal	1.52
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip / 92 kcal	1.50
<b>3oz beef patty</b> 169 kcal	
Fried halloumi-style cheese V 446 kcal	
Grilled chicken breast 187 kcal	each <b>1.97</b>
Fried buttermills chielen /70 kgs	Cucil I.//

### Chicken Includes a Drink

Southern-fried chicken strips basket 🖊

Quorn<sup>™</sup> 'no chicken' nuggets basket **// (** Eight coated pieces, coleslaw, sweet chilli sauce

Add: Chicken gravy (50 kcal) 94p

Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze

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

Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Fried buttermilk chicken 473 kcal

Breaded vegetable patty V 257 kcal BEYOND MEAT patty @ 184 kcal

Double American cheese burger 1206 kcal

American-style cheese, red onion, gherkin, ketchup,

American-style mustard

Char-grilled half chicken	
hicken on the bone is marinated, slow cooked nd finished on the char-grill.	
.emon and herb / Char-grilled in a lemon & herb glaze	
oleslaw, garlic & herb dip	soft drink
hoose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal	10.83
ide salad 978 kcal; Mediterranean salad 1089 kcal	each
lot and spicy FFF Char-grilled in a Naga chilli & citrus glaze	alcoholic dri
oleslaw, Naga chilli dip	12.36
hoose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each
ide salad 948 kcal; Mediterranean salad 1058 kcal	
char-grilled half chicken, mash and gravy 857 kcal	

Joleslaw, 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	8.68
Choose: Spicy rice 🚳 739 kcal: Chips 1133 kcal: Side salad 618 kcal	each

n 10	00% British beef.	
	Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calori	es 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
	<b>Ultimate burger</b> 1661 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	soft drink* <b>9.93</b> each
	Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal Grilled chicken breast 1416 kcal; Fried buttermilk chicken 1702 kcal	alcoholic drink* 11.46 each
	BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal; Grilled chicken breast 149 Fried buttermilk chicken 1780 kcal	95 kcal
	Fiesta burger @ 1462 kcal  BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepp courgette, onion	er,
		t drink* 11.38 c drink* 12.91
	Chicken burgers Served with a small portion of chips (329 kcal, included in the C	alories below).
		t drink* <b>5.44</b>
	Served with chips (602 kcal, included in Calories below).	soft drink*
	Fried buttermilk chicken burger 1254 kcal	7.73

#### mature Cheddar cheese Beyond Burger<sup>™</sup> @ 834 kcal. BEYOND MEAT plant-based patty

each

alcoholic drink\*

9.26 each

soft drink\*

7.73

each

alcoholic drink\*

9.26

each

Breaded whole chicken breast fillet

**Meat-free burgers** 

Sweet chilli sauce

Grilled chicken breast burger 969 kcal

Skinny chicken burger 52 555 388 kcal

Grilled chicken breast with salad, instead of chips

Breaded vegetable burger V 1038 kcal

Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,

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

Fried halloumi-style cheese burger // V 1128 kcal

Curries	INCLUDES A DRINK •
	With a mild Japanese-style katsu curry sauce,

coconut-flavour rice, sliced chillies and coriander.	
<b>Katsu chicken curry</b> 826 kcal Sliced whole breaded chicken breast fillet	soft drink*  8.73 each
Katsu grilled chicken curry 🚳 541 kcal Sliced grilled chicken breast	alcoholic drink*
Katsu Quorn™ nugget curry <b>@</b> 685 kcal Eight coated pieces	<b>10.26</b> each

Light couted picces	
Classic curries With basmati pilau rice.	
plain naan and poppadums.	soft drink*
Mangalorean roasted cauliflower	9.84 each
& spinach curry // @ 🖘 867 kcal	alcoholic drink*
Chicken tikka masala 🌈 1190 kcal Chicken jalfrezi 🌈 🚳 935 kcal	11.37
Beef Madras //// 1043 kcal	each
Deer Fladi d3 7 7 7 1040 Roat	

Change your plain naan to a garlic naan (2) (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	soft drink*
Simple chicken tikka masala // Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	each alcoholic drin
Simple chicken jalfrezi	<b>9.15</b> each

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

11" pizzas includes a drink			
On a freshly baked sourdough base. Margherita © 939 kcal. Mozzarella, basil		x* alcoholic drink* 10.21	
Pepperoni // 1157 kcal. Mozzarella, pepperoni			
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	soft drink* <b>9.84</b> each	alcoholic drink* 11.37 each	
Roasted vegetable ♥ 1029 kcal  Mozzarella, mushroom, roasted pepper, courgette, onion, basil  Vegan roasted vegetable ⊚ № 705 kcal  Mushroom, roasted pepper, courgette, onion, basil			
Spicy meat feast /// 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies		12.55	
Additional toppings  Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 6 kcal each 88p			
Garlic & herb dip ⊘ 180 kcal; Mozzarella ∨ 150 kcal; Ham 71 kcal  Chicken breast 94 kcal; Maple-cured bacon 91 kcal each 1.15			
Pepperoni // 109 kcal; Roasted vegetables @ 135 kcal		each <b>1.53</b>	
Small nub classics In	TIDES A	DDIME: -	

Small pub classics	NCLUDES A DE	RINK' •
Fish and chips	soft drink*	alcoholic drink*
Small freshly battered cod and chips	7.84	9.37

Small freshly battered cod and chips Peas 680 kcal or mushy peas 739 kcal	7.84	9.37
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	7.84	9.37
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ② (118 kcal) 1.46		
Small Wiltshire cured ham, egg and chips 655 455 kcal One slice of Wiltshire cured ham, fried egg	6.61	8.14
egg and chips 555 kcal	6.61	8.14

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Afternoon deal	soft drink*	alcoholic drink*
Mon - Fri, 2pm - 5pm	6.09	7.62

### Pub classics INCLUDES A DRINK

I did classics melosismen	AAA V	
Fish and chips	soft drink*	alcoholic drink*
Freshly battered cod and chips Peas 1239 kcal or mushy peas 1298 kcal	10.08	11.61
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi	10.08	11.61
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ⊚ (118 kcal) 1.46	• • • • • • • • • • • • • • • • • • • •	•••••••
Steak & kidney pudding Peas, onion & red wine gravy Choose: Chips 1223 kcal; Mashed potato 907 kcal	8.32	9.85
Bangers and mash 950 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	8.32	9.85
Vegetarian bangers and mash ♥ 793 kcal Three Quorn sausages, peas, onion & red wine gravy	8.32	9.85
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	7.73	9.26
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	7.73	9.26
Vegan sausages, chips and beans ⊘ 1013 kcal Three Quorn sausages	7.73	9.26
Five-bean chilli 🖊 🥥 🚳 590 kcal. Rice, tortilla chips	8.32	9.85
All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	9.72	11.25
Vegetarian all-day brunch ♥ 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	9.72	11.25

Three Quorn sausages, two fried eggs, baked beans, chips		
Afternoon deal Mon - Fri, 2pm - 5pm	soft drink*	alcoholic drink* <b>8.80</b>

### 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 si

Classic 8oz sirloin steak		
Choose: Jacket potato 741 kcal	soft drink*	alcoholic drink
Mashed potato 745 kcal; Chips 1061 kcal	11.25	12.78
Mediterranean salad 657 kcal; Side salad 546 kcal		

With peas, tomato, mushroom, three onion rings		
and a steak sauce.	soft drink*	alcoholic drink*
Choose: Jacket potato 993 kcal	13.59	15.12
Mashed potato 997 kcal; Chips 1314 kcal	13.37	13.12
Mediterranean salad 909 kcal; Side salad 798 kcal		

Add your choice of steak sauce: Creamy peppercorn sauce (74 kc	al)
<b>Jack Daniel's® Tennessee Honey glaze ♥</b> (87 kcal) <b>1.82</b> each	

Gourmet 8oz sirloin steak

Below meals are served with peas, tomato and mushroom.	soft drink*	alcoholic drink
BBQ chicken melt 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 6	<b>10.08</b> 08 kcal	11.61
<b>5oz gammon and egg</b> Choose: Jacket potato & 610 kcal; Mashed potato 614 kcal Chips 930 kcal; Mediterranean salad 526 kcal; Side salad <b>©</b>	<b>8.73</b> 415 kcal	10.26
<b>10oz gammon and eggs</b> Choose: Jacket potato & 819 kcal; Mashed potato 824 kcal Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 6	<b>11.89</b> 25 kcal	13.42
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kcal Chips 1513 kcal; Mediterranean salad 1108 kcal; Side salad	<b>11.89</b> 997 kcal	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 kcal Chips 2006 kcal; Mediterranean salad 1602 kcal; Side salad	<b>13.65</b> 1491 kcal	15.18

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	soft drink* alcoholic 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 ♥ ₹65 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast (20) 279 kcal Southern-fried chicken breast strips (20) 461 kcal	9.47	11.00
Mediterranean salad    → Solution 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.§