Sides and extras

| DidC3 dild | CALL | | | |
|--|---------------------|------|----------------------|------|
| 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 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 @ 1 | 35 kcal | | | 1.53 |
| Coleslaw ♥ 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 |

| Dessert | S | |
|--|--|-------------|
| Vanilla ice crear Two scoops, toffee sau | n ♥ (%%) 338 kcal ice, Belgian chocolate sauce | 1.82 |
| Cookie crunch (Two vanilla ice cream s | 365 kcal scoops, chocolate cookie, Belgian chocolate sauce | 1.82 |
| Mini warm choc Belgian chocolate saud | olate brownie 🕜 😘 435 kcal ce, vanilla ice cream | 2.98 |
| | ie dough sandwich 👽 😘 435 kcal toffee sauce, vanilla ice cream | 2.98 |
| | style pancakes 👽 😘 412 kcal flavour syrup, vanilla ice cream | 3.54 |
| Fresh fruit v 590 Apple, banana, blueber | Y355 447 kcal rries, strawberries, vanilla ice cream | 4.56 |
| Warm chocolate | e fudge cake 🤍 913 kcal. Vanilla ice cream | 5.33 |
| Warm chocolate Belgian chocolate saud | e brownie v 736 kcal ce, vanilla ice cream | 5.33 |
| | ough sandwich V 735 kcal toffee sauce, vanilla ice cream | 5.33 |
| • | r apple crumble 👽 ccal or custard 694 kcal | 5.62 |
| | pancakes ♥ ॐ 689 kcal 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

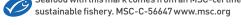
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- 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% 5% fat or less 500 Dish under 500 Calories |
| Seafood with this mark comes from an MSC-certified |



Adults need around 2000 kcal a day.§

BREAKFAST

| 6.59 | Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket | 5.14 |
|--------------|--|--------------|
| 4.99 4.45 | Mushroom Benedict © 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket | 5.14 |
| 4.40 | Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket | 5.14 |
| 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 |
| 4.99 | Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 570 columns 277 kcal | 3.54 3.25 |
| 4.45 | Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast | 3.77 |
| 4.61 | Beans on toast ♥ № 566 kcal. Buttered white bloomer toast Small beans on toast ♥ № 566 kcal Buttered white bloomer toast | 3.66 2.62 |
| 4.45 | Two slices of toast with jam or marmalade ♥ ₩ 496 kcal White bloomer bread | 2.47 |
| 6.85 | Fresh fruit @ 30 (555) 177 kcal Apple, banana, blueberries, strawberries | 3.66 |
| 4.99 | Porridge (V (S) 252 kcal (plain) Add: Banana (Ø) (101 kcal) 62p; Maple-flavour syrup (Ø) (125 kcal) 34p Strawberries (Ø) (14 kcal) 62p; Blueberries (Ø) (17 kcal) 62p Honey (V) (91 kcal) 34p | 2.09 |

Breakfast extras

Small American breakfast 629 kcal

Fried egg, hash brown, maple-cured bacon, sausage,

Large breakfast 1286 kcal

Traditional breakfast 742 kcal

Small breakfast (300) 419 kcal

mushroom, tomato, two slices of toast Vegetarian breakfast V 816 kcal

mushroom, tomato, slice of toast

Vegan breakfast 786 kcal

tomato, slice of toast, vegan spread Freedom breakfast 545 kcal

American breakfast 1258 kcal

four pancakes, maple-flavour syrup

two pancakes, maple-flavour syrup

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

Large vegetarian breakfast 1206 kcal

Add: Two slices of black pudding (355 kcal) 1.51

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

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) (313 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 fried eggs, two hash browns, maple-cured bacon, two sausages,

| 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 |
| Quorn [™] sausage ⊘ 116 kcal | 1.05 | Two scrambled eggs V 136 kcal | 1.63 | Two grilled tomato halves 🥥 16 kcal | 52p |
| Grilled halloumi-style cheese V 396 kcal | 1.97 | Fried egg V 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

| Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread | |
|---|------|
| Sausage butty 713 kcal. Two sausages, buttered white bloomer bread | |
| Quorn™ sausage butty ② 609 kcal | 3.88 |
| Two Quorn sausages, buttered white bloomer bread | |

Breakfast muffin deal

cludes to a coffee or hot chocolate. Free refills

| includes lea, collee of not chocolate. Free reli | IIS |
|--|------|
| Egg & cheese muffin ♥ (555) 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 6555 417 kcal Fried egg, sausage, American-style cheese, in an English muffin | 3.77 |
| Egg & Quorn™ sausage muffin ♥ (300) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin | 3.77 |
| Breakfast muffin 333 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin | 4.01 |
| Smashed avocado muffin ② ॐ ॐ 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 -

LAVATIA (**) (100)

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 o 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

alcoholic drink*

Afternoon deals

INCLUDES A DRINK'

Featuring small freshly battered fish and chips

Mon - Fri, 2pm - 5pm

£6.09

£7.62

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 0 1 2 3 4 5

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.

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







Small plates Any 3 for c14 93

| Small plates Any 3 for £14.93 | |
|---|------|
| 8" pizzas on a freshly baked sourdough base. | |
| Margherita V 😘 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 | 6.51 |
| Mozzarella, BBQ sauce, chicken breast, red onion, rocket | |
| Roasted vegetable © 515 kcal | 6.51 |
| Mozzarella, mushroom, roasted pepper, courgette, onion, basil | , 54 |
| Vegan roasted vegetable © 50 353 kcal Mushroom, roasted pepper, courgette, onion, basil | 6.51 |
| Spicy meat feast FFF 618 kcal | 7.09 |
| Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket | 7.07 |
| | |
| 11" garlic pizza bread 👽 772 kcal | 5.57 |
| Nachos 💴 👽 592 kcal | 5.81 |
| Cheese, guacamole, salsa, sour cream, sliced chillies | |
| Bowl of chips @ 964 kcal | 4.23 |
| 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 ♥ ॐ 📸 341 kcal. White bloomer bread | 4.23 |
| With any of the small plates below, choose one dip: | |
| Sweet chilli FF ⊘ 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 398 kcal. Ten battered chicken breast pieces | 6.09 |
| Southern-fried chicken strips (150) 459 kcal. Five chicken breast strips | 6.09 |
| Chicken wings 804 kcal. Ten spicy chicken wings | 6.75 |
| Quorn™ nuggets @ 331 kcal. Eight coated pieces | 5.19 |

Deli Deals INCLUDES A DRINK: AD

| INCLUDES A DRINK (AT | |
|--|------------------|
| 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 each |
| Fried egg, two Quorn sausages, Cheddar cheese | odon |
| Small Quorn [™] nuggets @ 8310 kcal | soft drink* |
| Tomato, cucumber, salsa | 4.11 |
| Small southern-fried chicken | each |
| and smoky chipotle mayo /// 399 kcal Small cold chicken and | alcoholic drink* |
| sweet chilli sauce // 53 (555) 277 kcal | 5.64 |
| Small fried halloumi-style cheese and | each |
| sweet chilli sauce // V 333 391 kcal | |
| Add: Small portion of chips @ (329 kcal); Small salad @ (46 kcal) 1.03 | each |
| , , , , , , , , , , , , , | |

soft drink*

5.70

each

alcoholic drink*

7.23

12" wraps

Quorn[™] **nuggets 1** 534 kcal. Tomato, cucumber, salsa Southern-fried chicken and smoky chipotle mayo FFF 639 kcal

Cold chicken and sweet chilli sauce FF 3 514 kcal Fried halloumi-style cheese and sweet chilli sauce // 💟 738 kcal. Tomato, cucumber

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',

| ith salad and one filling. Extra fillings 1.22 each. una mayo 621 kcal bleslaw v 578 kcal | soft drink* 6.85 each |
|--|------------------------------------|
| Cheese ♥ 531 kcal Baked beans ⊚ ጭ 501 kcal Five-bean chilli / ⊚ ጭ (55) 431 kcal Roasted vegetables ⊚ ጭ (55) 402 kcal | alcoholic drink 8.38 each |

| Burgers INCLUDES A DRINK | Beef burgers made fr | | | |
|---|--|--|--|--|
| Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, in | cluded 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* 5.44 each alcoholic drink* 6.97 each | | | |
| Skinny beef burger 369 kcal Iceberg 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, alcoholic drink* 7.57 American-style mustard | | | | |
| Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories | | | | |
| Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion | soft drink* 7.73 each alcoholic drink* 9.26 each | | | |
| Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, | soft drink* 8.30 alcoholic 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 / (557) 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 ♥ 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 | |
| | |

each **1.97**

soft drink*

8.68

each

alcoholic drink*

10.21

Chicken Includes a DRINK ...

Grilled chicken breast 187 kcal

Fried buttermilk chicken 473 kcal

Breaded vegetable patty V 257 kcal

BEYOND MEAT patty @ 184 kcal

American-style mustard

| 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 Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal | soft drink* 10.83 each |
| Hot and spicy /// Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal | alcoholic drink 12.36 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 FFF Eight wings, coleslaw, Naga chilli dip |
| Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal |
| Boneless basket 🏿 |
| Three southern-fried chicken strips, five chicken breast bites, |
| |

Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Spicy rice 53 739 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 lic drink* Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal 38 Add: Chicken gravy (50 kcal) 94p

| 10 | 0% British beef. | |
|----|--|------------------------------------|
| | Gourmet burgers Served with chips, six onion rings (871 kcal, included in Caloric | 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 |
| | Ultimate burger 1661 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin | soft drink* 9.93 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 145 Fried buttermilk chicken 1780 kcal | 75 kcal |
| | Fiesta burger ⊘ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepp courgette, onion | er, |
| | Triple American cheese & bacon burger 1479 kcal sof Three 3oz beef patties, American-style cheese, alcoholio maple-cured bacon, red onion, gherkin, ketchup, American-style mustard | t drink* 11.38 c drink* 12.97 |
| | Chicken burgers Served with a small portion of chips (329 kcal, included in the Ca | alories below) |
| | Crunchy chicken strip burger ₱ 787 kcal sof Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic | t drink* 5.44 c drink* 6.97 |
| | Served with chips (602 kcal, included in Calories below). | soft drink* |
| | Fried buttermilk chicken burger 1254 kcal | 7.73 |

| Served with chips (602 kcal, included in Calories below). Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet | soft drink* 7.73 each |
|---|-----------------------|
| Grilled chicken breast burger 969 kcal | alcoholic drinl |
| Skinny chicken burger @ 6553 388 kcal Grilled chicken breast with salad, instead of chips | 9.26 each |
| Most free hurgers | |
| Meat-free burgers Served with chips (602 kcal, included in Calories below). | soft drink* |
| Fried hallours: style shoots burger ## (2) 1100 keel | 7.73 |

alcoholic drink*

9.26

each

9.15

each

Fried halloumi-style cheese burger // 🛛 1128 kcal Sweet chilli sauce Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese

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

Curries Includes a Drink

| TZ - L |
|---|
| Katsu curries With a mild Japanese-style katsu curry sauce, |
| |
| coconut-flavour rice, sliced chillies and coriander. |

| Katsu chicken cu Sliced whole breaded c | | soft drink* 8.73 each |
|--|--------------------------------|------------------------------------|
| Sliced grilled chicken b | , — | alcoholic drink* |
| Katsu Quorn™ nu Eight coated pieces | i gget curry ⊘ 685 kcal | 10.26 each |
| | | |

| Eight coated pieces | Cacii |
|---|---|
| Classic curries With basmati pilau rice. | ••••••••••••••••••••••••••••••••••••••• |
| plain naan and poppadums. | soft drink* |
| Mangalorean roasted cauliflower & spinach curry ፆ 🏿 🚳 867 kcal | 9.84 each |
| Chicken tikka masala 🏴 1190 kcal | alcoholic drink* |
| Chicken jalfrezi 🎢 🔊 935 kcal | 11.37 each |
| Beef Madras //// 1043 kcal | 54011 |
| • | |

Change your plain naan to a garlic naan (V) (add 58 kcal) 47p Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry // @ soft drink* Choose: Basmati pilau rice 🚳 508 kcal; Chips 910 kcal 7.62 each Simple chicken tikka masala Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal alcoholic drink*

Simple chicken jalfrezi Choose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal Simple beef Madras

Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

11" pizzas includes a drink • On a freshly baked sourdough base. soft drink* alcoholic drink* Margherita V 939 kcal. Mozzarella, basil 8.68 10.21 Pepperoni // 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket soft drink* alcoholic drink* BBQ chicken 1103 kcal 9.84 11.37 Mozzarella, BBQ sauce, chicken breast, red onion, rocket each Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 50 705 kcal Mushroom, roasted pepper, courgette, onion, basil 12.55 Spicy meat feast **FFF** 1220 kcal 11.02 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 6 kcal each 88p Garlic & herb dip 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal each **1.15** Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni **//** 109 kcal; **Roasted vegetables 135** kcal each **1.53**

Small pub classics Includes a Drink of

| | coft drink* | alcoholic drink* |
|---|--------------|------------------|
| Fish and chips | SUIT UI IIIK | atconotic utilik |
| Small freshly battered cod and chips 🕖 | 7.84 | 9.37 |
| Peas 680 kcal or mushy peas 739 kcal | | |
| Small Whitby breaded scampi | 7.84 | 9.37 |
| Chips, peas 658 kcal or mushy peas 718 kcal. | | |
| Four Whitby breaded scampi | | |
| Add: Two slices of bread (V) (383 kcal) 1.34 | | |
| Chip shop-style curry sauce @ (118 kcal) 1.46 | | |
| Small Wiltshire cured ham, | 6.61 | 8.14 |
| egg and chips \$500 455 kcal | 0.01 | 0.14 |
| One slice of Wiltshire cured ham, fried egg | | |
| Small all-day brunch 666 kcal | 6.91 | 8.44 |

6.91

8.44

| The state of the s | |
|--|------------------|
| | |
| Afternoon deal | alcoholic drink* |
| More Evi 2mm Emm | |
| Choose from the above small pub classic meals. | 7.62 |

Small vegetarian all-day brunch V 680 kcal

Sausage, bacon, fried egg, baked beans, chips

Two Quorn sausages fried end haked heans chins

Pub classics Includes A DRINK J

| I did cidddica | | |
|--|-------------|-----------------|
| | soft drink* | alcoholic drink |
| Fish and chips | | |
| Freshly battered cod and chips Peas 1239 kcal or mushy peas 1298 kcal | 10.08 | 11.61 |
| Whitby breaded scampi | 10.08 | 11.61 |
| 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 | | • |
| | 0.00 | |
| Steak & kidney pudding Peas, onion & red wine gravy | 8.32 | 9.85 |
| Choose: Chips 1223 kcal; Mashed potato 907 kcal | | |
| Bangers and mash 950 kcal | 8.32 | 9.85 |
| Three Lincolnshire sausages, peas, onion & red wine gravy | | |
| 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 | 7.73 | 9.26 |
| Two slices of Wiltshire cured ham, two fried eggs | | |
| Sausages, chips and beans 1170 kcal | 7.73 | 9.26 |
| Three Lincolnshire sausages Vegan sausages, chips and beans | 7.73 | 9.26 |
| Three Quorn sausages | 7.73 | 7.20 |
| Five-bean chilli / @ 590 kcal. Rice, tortilla chips | 8.32 | 9.85 |
| All-day brunch 1213 kcal | 9.72 | 11.25 |
| Two sausages, bacon, two fried eggs, baked beans, chips | | |
| Add: Two slices of black pudding (355 kcal) 1.51 Vegetarian all-day brunch ♥ 1126 kcal | 9.72 | 11.25 |
| Three Quorn sausages, two fried eggs, baked beans, chips | 7.72 | 11.25 |

| Afternoon deal | soft drink* | alcoholic drink* |
|--|-------------|------------------|
| Mon - Fri, 2pm - 5pm | 7.27 | 8.80 |
| Three duorn sausages, two tried eggs, baked beans, chips | | |

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 soft 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

Gourmet 8oz sirloin steak

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* **BBQ** chicken melt 10.08 11.61 Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 52 803 kcal: Mashed potato 807 kcal Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 608 kcal 5oz gammon and egg 10.26 8.73 Choose: Jacket potato 🚳 610 kcal; Mashed potato 614 kcal Chips 930 kcal; Mediterranean salad 526 kcal; Side salad 526 kcal 13.42 10oz gammon and eggs Choose: Jacket potato 38 819 kcal; Mashed potato 824 kcal Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 625 kcal Mixed grill 13.42 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kcal Chips 1513 kcal; Mediterranean salad 1108 kcal; Side salad 997 kcal Large mixed grill 13.65 15.18 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 1491 kcal

Salads and pastas Includes A DRINK •

soft drink* alcoholic drink*

Burrito salad bowl V 657 kcal 8.62 10.15 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Chicken breast (187 kcal) 1.97 Five-bean chilli / (119 kcal) 1.97 Grilled halloumi-style cheese 8.62 10.15 & roasted vegetable salad V 655 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Chicken & maple-cured bacon salad 9.47 11.00 Choose: Grilled chicken breast 5% (1987) 279 kcal Southern-fried chicken breast strips (\$500) 461 kcal Mediterranean salad @ 58 (****) 334 kcal 8.35 9.88 Pearl barley, quinoa, butternut squash, wheat berries. red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese (V) (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 8.90 10.43 Pasta alfredo V 618 kcal 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 9.47 British beef & pancetta lasagne 11.00

Choose: Side salad 780 kcal; Chips 1295 kcal

Adults need around 2000 kcal a day.§