Sides and extras

Bowl of chips 🥏 964 kcal (Add: Spicy seasoning 🥏 (8 kcal) 34p)			4.23	
Small bowl of chips 🥝 ઠી	Small bowl of chips @ 602 kcal			2.48
Five chicken wings 🗾	402 kcal			3.34
Eight Whitby breaded sc	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 💟	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 🔍 뻀 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 () 58 (1999) 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 v 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich V 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 ♥ ☎ 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 (a) (101 kcal) 62p; Strawberries (a) (14 kcal) 62p; Blueberries (a) (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 ØVegan 🤓 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.§

Served BREAKFAST

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99
Small breakfast (557) 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast (V) 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
Vegetarian breakfast 	4.99
Small vegetarian breakfast V (††††) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.85
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99

Breakfast extras

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

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread 3.19 Sausage butty 713 kcal. Two sausages, buttered white bloomer bread 3.19 Quorn[™] sausage butty ♥ 609 kcal 3.19 Two Quorn sausages, buttered white bloomer bread

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

,,	
Egg & cheese muffin V ()) Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin (700) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin (500) 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 (555) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin @ S (S 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	

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

Eggs Benedict 725 kcal Two poached eggs, on an English mut Hollandaise sauce, rocket	ffin, with Wiltshire cured ham,	5.14
Mushroom Benedict V 629 Two poached eggs, on an English mut Hollandaise sauce, rocket		5.14
Miner's Benedict 939 kcal Two poached eggs, on an English mu Hollandaise sauce, rocket	ffin, with black pudding,	5.14
American-style pancakes Four pancakes, maple-cured bacon, Four pancakes, maple-flavour syrup.	maple-flavour syrup. 645 kcal	4.99 4.30
Small American-style par Two pancakes, maple-cured bacon, r Two pancakes, maple-flavour syrup.	naple-flavour syrup. 👫 322 kcal	3.54 3.25
Scrambled egg on toast () Three eggs, buttered white bloomer t		3.77
Beans on toast V 🚳 566 kcal	. Buttered white bloomer toast	3.66
Small beans on toast V 🥯 Buttered white bloomer toast	500 251 kcal	2.62
Two slices of toast with jar White bloomer bread	n or marmalade 🔇 ‱ 496 kcal	2.47
Fresh fruit @ 558 (5557) 177 kca Apple, banana, blueberries, strawber		3.66
Porridge V & 552 kcal (p Add: Banana @ (101 kcal) 62p; Maj Strawberries @ (14 kcal) 62p; Blue Honey V (91 kcal) 34p	ple-flavour syrup 🥏 (125 kcal) 34p	2.09

rs of back bacon 99 kcal	1.57	Hash brown 🧭 82 kcal	46p
ers of maple-cured bacon 91 kcal	1.52	Two mushrooms 🤕 91 kcal	93p
ibled eggs 136 kcal	1.63	Two grilled tomato halves 🥏 16 kcal	52p
💟 56 kcal	93p	Slice of toast 🕐 191 kcal	1.13
gg 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

Flat white 🖤 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso Ø 6 kcal Black coffee Ø 6 kcal White coffee V 24 kcal (Oat milk available 🙆 4 kcal) Hot chocolate 🕐 169 kcal Tea Tetley 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

STD 差

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**, jdwetherspoon.com \neg 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

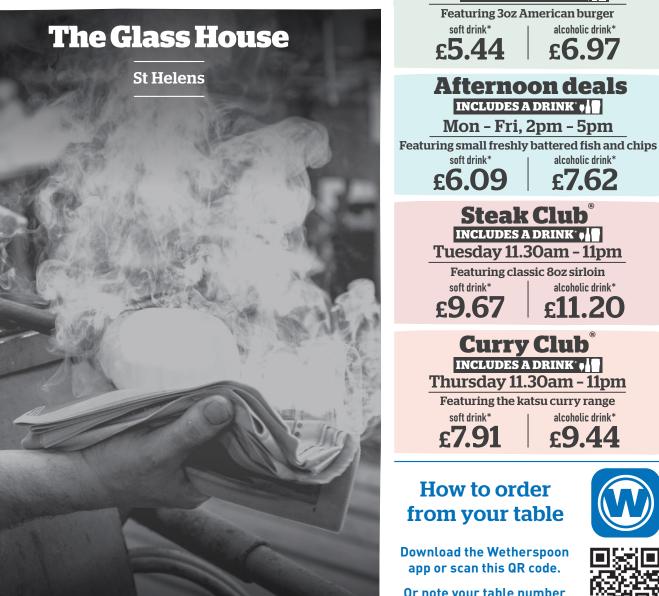
3.//		
	— ALL DAY EVERY DAY —	
3.77	LAVALLA	
4.01	£ 1.56	

8am - 12 noon



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

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



St Helens has been linked with the glass industry since the early 18th century. The town's award-winning World of Glass visitors' centre is only a few metres from this Wetherspoon pub.



Food hygiene rating We have been awarded the maximum food hygiene rating of 5 in our pub.



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



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.







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

Traditional

breakfast

£4.99

£1.56

alcoholic drink* £6.97

alcoholic drink*

£7.62

alcoholic drink*

£11.20

alcoholic drink*

£9.44

Breakfast

8am - 12 noon

Tea. coffee and

hot chocolate **Free refills**

soft drink*

£5.44

soft drink*

soft drink*

£9.67

soft drink*

£7.91

How to order

from your table

app or scan this QR code.

Or note your table number

and order at the bar.

£6.09

Burger meals

INCLUDES A DRINK Featuring 3oz American burger

Afternoon deals INCLUDES A DRINK Mon - Fri, 2pm - 5pm

Steak Club INCLUDES A DRINK Tuesday 11.30am - 11pm Featuring classic 8oz sirloin

Curry Club[®] INCLUDES A DRINK Thursday 11.30am - 11pm Featuring the katsu curry range

Tea

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.§

to fork.





Book direct for the best rates

jdwetherspoon.com or on our app

HOTELS

Scotland and Wales

Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.	
Margherita V (555) 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 Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.74
Roasted vegetable 👽 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.74
Vegan roasted vegetable @ 53 (555) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.74
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.33
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 V 😵 \varpi 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 💟 🌃 396 kcal	4.96
Chicken bites 🐯 298 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips 🖉 😘 459 kcal. Five chicken breast strips	6.09
Chicken wings #### 804 kcal. Ten spicy chicken wings	6.75
	= 4.0

Deli Deals[®] INCLUDES A DRINK

5.19

Quorn[™] nuggets Ø 🚟 331 kcal. Eight coated pieces

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 💟 532 kcal	
Wiltshire cured ham	soft drink*
and Cheddar cheese 512 kcal	5.70
BBQ chicken, bacon and Cheddar cheese 572 kcal	each
Wraps	alcoholic drink*
Quorn [™] nuggets Ø 534 kcal	7.23 each
Tomato, cucumber, salsa	Cacil
Southern-fried chicken	
and smoky chipotle mayo 🗾 639 kcal	
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	Beef 1	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 Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion	soft drink* 5.44 each	alcoholic drink* 6.97 each
Skinny beef burger (555) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, inste	ead 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 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 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, American-style mustard		oft drink* 8.30 lic drink* 9.83
Just-a-burger Served on its own, without chips or a drink. American burger (556) 366 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / (556) 459 kc Two southern-fried chicken strips, iceberg lettuce, mayon	al Inaise	each 3.36
Additional toppings and burger patties		
Maple-cured bacon with Cheddar cheese 174 kg		2.14 2.14
Maple-cured bacon with American-style cheese 160 kcal Cheddar cheese 👽 83 kcal		1.52
American-style cheese 💟 69 kcal		1.52
Maple-cured bacon 91 kcal		1.52
Crunchy chicken strip ፆ 92 kcal		1.50
3oz beef patty 169 kcal Fried halloumi-style cheese ♥ 446 kcal Grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal Breaded vegetable patty ♥ 257 kcal		each 1.97
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	0.111*
Coleslaw, garlic & herb dip Chases Spinning 1990 keel Shing 1172 keel Mashed nature 1177 keel	soft drink* 10.83
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal	each
Hot and spicy //// Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip	alcoholic drink*
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	12.36 each
Side salad 948 kcal: Mediterranean salad 1058 kcal	Guon
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 each
Choose: Spicy rice 😳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	
Southern-fried chicken strips basket Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	alcoholic drink*
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	10.21 each
Quorn [™] 'no chicken' nuggets basket // ♥	Cucii
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** Served with chips (602 kcal, included in Calories below). soft drink* 7.73 Fried halloumi-style cheese burger 🖉 🕐 1128 kcal Sweet chilli sauce Breaded vegetable burger V 1038 kcal

Sweet chilli sauce	each
Breaded vegetable burger (2) 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* 9.26 each
Beyond Burger [™] @ 834 kcal. 🎧 BEYOND MEAT plant-based p	patty

Curries Includes A DRINK

Katsu curries With a mild Japanese-style katsu curry sau coconut-flavour rice, sliced chillies and coriander.	ce,
Katsu chicken curry ⊗26 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ⊗ 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 // @ @ 867 kcal Chicken tikka masala // 1190 kcal Chicken jalfrezi /// @ 935 kcal Beef Madras ///// 1043 kcal Change your plain naan to a garlic naan @ (add 58 kcal) 47p	soft drink* 9.84 each alcoholic drink* 11.37 each
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* 7.62
Simple chicken tikka masala 🖊 Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	each alcoholic drink*
Simple chicken jalfrezi 💴 Choose: Basmati pilau rice 🕸 575 kcal; Chips 977 kcal	9.15 each

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

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 W Small all-Sausage, baco Small vege Two Quorn sau

Afte Mon - F Choose fr

Pub classics INCLUDES A DRINK

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

Afte

Mon - F

ZZAS INCLUDES A DRINK	(* • 4 • •	
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, H	pasil	
asted vegetable Ø 🚳 705 kcal vasted pepper, courgette, onion, basil		
at feast //// 1220 kcal am, pepperoni, chicken breast, sliced chillies	11.02 , rocket	2 12.5

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

		DRINK * * alcoholic drink*
chips shly battered cod and chips 🔗	7.84	9.37
or mushy peas 739 kcal	7.04	7.37
itby breaded scampi 58 kcal or mushy peas 718 kcal. readed scampi	7.84	9.37
es of bread 🔍 (383 kcal) 1.34 <i>Jle curry sauce @</i> (118 kcal) 1.46		
tshire cured ham, hips (55) kcal iltshire cured ham, fried egg	6.61	8.14
day brunch 666 kcal	6.91	8.44
on, fried egg, baked beans, chips L etarian all-day brunch (V) 680 kcal usages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

	SULLULIIK	acconotic unin
ri, 2pm - 5pm	6.09	7.62
n the above small pub classic meals.		

	soft drink	* alcoholic drink*
chips attered cod and chips <i>Ø</i> al or mushy peas 1298 kcal	10.08	11.61
eaded scampi 195 kcal or mushy peas 1255 kcal. ireaded 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 shire sausages, peas, onion & red wine gravy	8.32	9.85
n bangers and mash ♥ 793 kcal ausages, peas, onion & red wine gravy	8.32	9.85
cured ham, eggs and chips 856 kca Wiltshire cured ham, two fried eggs	l 7.73	9.26
, chips and beans 1170 kcal shire sausages	7.73	9.26
isages, chips and beans @ 1013 kca ausages	l 7.73	9.26
n chilli ♥ ⊘ ⊗ 590 kcal. Rice, tortilla chips runch 1213 kcal ; bacon, two fried eggs, baked beans, chips	8.32 9.72	
es of black pudding (355 kcal) 1.51 n all-day brunch ♥ 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	
Add your choice of steak sauce: Creamy peppercorn sauce	:e (74 kcal)		
Jack Daniel's® Tennessee Honey glaze 🔍 (87 kcal) 1.82	()		
Below meals are served with peas, tomato and mushroom.	soft drink	* alcoholic drink*	
BBQ chicken melt	10.08	11.61	
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 8.73 10 Choose: Jacket potato @ 610 kcal; Mashed potato 614 kcal			
Chips 930 kcal; Mediterranean salad 526 kcal; Side sala	d 😘 415 kca	l	
10oz gammon and eggs	11.89	13.42	
Choose: Jacket potato 😳 819 kcal; Mashed potato 824 kcal 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 kc 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* atcoholic 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 Grilled halloumi-style cheese & roasted vegetable salad @ @ @ 494 kcal Roasted vegetable salad @ @ @ 279 kcal Southern-fried chicken breast @ @ @ 2334 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 Pasta alfredo @ 618 kcal Fusili 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 British beef & pancetta lasagne Choses: Side salad 780 kcal; Chips 1295 kcal	Dalads alla pastas Mere		
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 Grilled halloumi-style cheese 8.62 10.15 & roasted vegetable salad ● ● ● 494 kcal 8.62 10.15 Roasted pepper, courgette, onion, pico de gallo, dressing 9.47 11.00 Chicken & maple-cured bacon salad 9.47 11.00 Choose: Grilled chicken breast @ ● 279 kcal 8.35 9.88 Southern-fried chicken breast strips ● 461 kcal 8.35 9.88 Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: 8.35 9.88 Grilled halloumi-style cheese ● (396 kcal) 1.97 10.43 8.90 10.43 Pasta alfredo ● 618 kcal 8.90 10.43 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket 8.90 10.43 Maple-cured bacon (91 kcal) 1.97 Maple-cured bacon (91 kcal) 1.97 8.90 10.43 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket 8.90 10.43 British beef & pancetta lasagne 9.47 11.0		soft drink* al	coholic drink*
& roasted vegetable salad (************************************	Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97	8.62	10.15
Choose: Grilled chicken breast @ @ 279 kcal Southern-fried chicken breast strips @ 461 kcal 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 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) 1.92 British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	& roasted vegetable salad V 🗺 494 kcal	8.62	10.15
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 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 British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	Choose: Grilled chicken breast 🥯 뻀 279 kcal	9.47	11.00
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 British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 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	8.35	9.88
Choose: Side salad 780 kcal; Chips 1295 kcal	Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97	••	10.43
Adults need around 2000 kcal a day.§	Choose: Side salad 780 kcal; Chips 1295 kcal	9.47	11.00
	Adults need around 2000 kcal a day.§		