## **Sides and extras**

Bowl of chips 🥥 964 kcal (Add: Spicy seasoning 🥥 (8 kcal) 34p)					
Small bowl of chips 🥝 🏼	)2 kcal			2.48	
Five chicken wings 💋	402 kcal			3.34	
Eight Whitby breaded so	ampi 527 kcal			4.99	
Grilled halloumi-style c	<b>heese </b> 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					
Roasted vegetables 🧭 135 kcal					
Coleslaw 💟 399 kcal					
Sliced chillies 💴 🖉 🖉 🖉 3 kcal					
Chicken gravy 50 kcal					
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50	
Garlic pizza bread 💟 🛛 8" 386 kcal 4.40 11" 772 kcal					
With cheese V         8" 461 kcal         4.98         11" 922 kcal					

## **Desserts**

<b>Vanilla ice cream (V) (7557)</b> 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
<b>Cookie crunch (V) (1999)</b> 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie 🖤 🗺 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich V 🐻 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes (V) (12 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
<b>Fresh fruit ()</b> (2) (3) 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 父 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich <b>V</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
<b>American-style pancakes ♥ </b>	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 8am - 12 noon

<b>Large breakfast</b> 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99
<b>Small breakfast (557)</b> 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 <b>()</b> 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
<b>Vegetarian breakfast                                    </b>	4.99
<b>Small vegetarian breakfast (V) (1999)</b> 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45
<b>Vegan breakfast @</b> 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
<b>American breakfast</b> 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 bacon 99 kcal
1.05	Four rashers of maple-cured bacon 91 kca
1.05	Two scrambled eggs V 136 kcal
1.97	Fried egg V 56 kcal
93p	Poached egg V 63 kcal
	1.05 1.05 1.97

# **Breakfast butties and wraps**

**Bacon butty** 525 kcal. Three rashers of bacon, buttered white bloomer bread 3.42 Sausage butty 713 kcal. Two sausages, buttered white bloomer bread 3.42 Quorn<sup>™</sup> sausage butty ♥ 609 kcal 3.42 Two Quorn sausages, buttered white bloomer bread

# **Breakfast muffin deal**

Includes tea, coffee or hot chocolate. Free refills

<b>Egg &amp; cheese muffin () (555)</b> 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
<b>Egg &amp; bacon muffin (557)</b> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
<b>Egg &amp; sausage muffin (500)</b> 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
<b>Breakfast muffin (500)</b> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin @ \$ 6000 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52: Poached egg V (63 kcal) 93p Grilled halloumi-style cheese V (396 kcal) 1.97	4.01
Add: Hash brown @ (82 kcal) 46p	

<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
<b>Miner's Benedict</b> 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
<b>American-style pancakes</b> Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ 10 100 100 100 100 100 100 100 100 10	4.99 4.30
<b>Small American-style pancakes</b> Two pancakes, maple-cured bacon, maple-flavour syrup. 🐝 322 kcal Two pancakes, maple-flavour syrup. 父 🧐 🐝 277 kcal	3.54 3.25
Scrambled egg on toast 🔮 570 kcal Three eggs, buttered white bloomer toast	3.77
Beans on toast V 🐵 566 kcal. Buttered white bloomer toast	3.66
Small beans on toast V 🧐 🗺 251 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade 🕐 쨼 496 kcal White bloomer bread	2.47
<b>Fresh fruit @ 🕸 (555)</b> 177 kcal Apple, banana, blueberries, strawberries	3.66
Porridge V S (125 kcal (plain) Add: Banana (101 kcal) 62p; Maple-flavour syrup (125 kcal) 34p Strawberries (14 kcal) 62p; Blueberries (17 kcal) 62p	2.09

Honey 💟 (91 kcal) 34p

	1.57	Hash brown 🤕 82 kcal	46p
cal	1.52	Two mushrooms 🤕 91 kcal	93p
	1.63	Two grilled tomato halves 🥏 16 kcal	52p
	93p	Slice of toast 🕐 191 kcal	1.13
	93p		

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

# -Tea, coffee and hot chocolate -

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

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

**Biscuits** 

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 V 14 kcal (Oat milk available 🥥 4 kcal) Decaffeinated tea and coffee available.

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All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com <sup>O</sup>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. <sup>§</sup>Statement of daily calorie needs from the Department of Health & Social Care. <sup>11</sup>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 Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml)

for the facts drinkaware.co.uk 🚽 jdwetherspoon.com  $\neg$ 

LTSTD 差



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

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



The name 'Chingford' is said to derive from the Old English word 'ching', meaning 'king', and the ford over the River Lea, thought to be associated with Alfred the Great, hence the name of this 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.

# LAVALLA





Coffee

The freshly ground 100% Arabica Lavazza coffee<sup>+</sup> we serve is from Rainforest Alliance-certified farms.

#### 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.





#### Scotland and Wales HOTELS Book direct for the best rates jdwetherspoon.com or on our app





Traditional

breakfast

£4.99

£1.56

alcoholic drink\*

£6.97



Featuring small freshly battered fish and chips soft drink\* alcoholic drink\* £6.09 £7.62

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

**Burger meals** 

INCLUDES A DRINK Featuring 3oz American burger

**Breakfast** 

8am - 12 noon

Tea. coffee and

hot chocolate **Free refills** 

soft drink\*

£5.44

Featuring classic 8oz sirloin soft drink\* alcoholic drink\*

# £9.67 £11.20 **Curry Club**

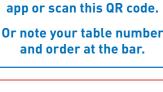
INCLUDES A DRINK Thursday 11.30am - 11pm Featuring the katsu curry range soft drink\*

£7.91

# How to order

from your table

**Download the Wetherspoon** 





## Small plates Any 3 for £14.93

8"	pizzas	on a f	freshly	y ba	ked	sourd	lough	ı base.	
_	L			,					

8" pizzas on a freshly baked sourdough base.	
Margherita V 뻀 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 Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable @ 58 (7777) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
BBQ jackfruit and vegan cheeze <b>/// @</b> S (500) 437 kcal BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket	7.09
Spicy meat feast <b>FFF</b> 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
	•••••
11" garlic pizza bread V 772 kcal	5.57
Bao buns Traditional Asian steamed buns Choose:	5.19
Spicy crunchy chicken <b>FFF</b> 624 kcal. Spicy mayo, red onion, sliced chillies, corian	der
BBQ jackfruit 🥏 😵 📸 416 kcal. Red onion, sliced chillies, coriander	
Nachos 🖅 🛛 592 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips 🥥 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.58
Cheesy chips 💟 1256 kcal	5.41
Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup 💟 🕸 🐨 341 kcal. White bloomer bread	4.23
With any of the small plates below, choose one dip: Sweet chilli ♥♥ @ 48 kcal; Sticky soy ♥ 100 kcal Naga chilli ♥♥♥ @ 136 kcal; Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal Chipotle mayo ♥♥♥ ♥ 150 kcal; Blue cheese ♥ 270 kcal	
Halloumi-style fries 💟 🌇 396 kcal	4.96
Chicken bites 5 298 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
Quorn™ nuggets @ 쨼 331 kcal. Eight coated pieces	5.19

## **Deli Deals**<sup>®</sup> INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base. Choose any 8" pizza from the small plates section.	
Paninis	
Tuna mayo and Cheddar cheese 599 kcal	
BBQ jackfruit and vegan cheeze @ 516 kcal BBQ jackfruit, vegan cheese alternative	
Cheddar cheese and tomato 💟 532 kcal	soft drink*
Wiltshire cured ham and Cheddar cheese 512 kcal	5.70 each
BBQ chicken, bacon and Cheddar cheese 572 kcal	alcoholic drink*
Wraps	7.23
Shawarma chicken 🗾 🖉 749 kcal	each
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces tomato, onion, rocket, fresh mint	s,
<b>Quorn™ nuggets @</b> 534 kcal. Tomato, cucumber, salsa	

Southern-fried chicken and smoky chipotle mayo **FFF** 639 kcal

Cold chicken and sweet chilli sauce **FF** 🐵 514 kcal

Fried halloumi-style cheese and sweet chilli sauce 🖊 🛯 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 V 531 kcal	
Baked beans 🥏 🧐 501 kcal	alcoholic drink* 8.38
Five-bean chilli 卢 🥏 🤫 🗺 431 kcal	each
Roasted vegetables 🧭 🧐 5 5 402 kcal	

#### from 100% British beef.

Burgers Includes A DRINK	Beef l	ourgers mad
<b>Beef burgers</b> 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* <b>5.44</b> each	alcoholic drink* <b>6.97</b> each
Skinny beef burger (369 kcal lceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips	
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* <b>6.04</b> lic drink* <b>7.57</b>
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* <b>9.26</b> each
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	-	oft drink* <b>8.30</b> lic drink* <b>9.83</b>
Just-a-burger Served on its own, without chips or a drink. American burger (55) 366 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / 659 kc Two southern-fried chicken strips, iceberg lettuce, mayon		each <b>3.36</b>
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 kc Maple-cured bacon with American-style chees Cheddar cheese <b>()</b> 83 kcal American-style cheese <b>()</b> 69 kcal Maple-cured bacon 91 kcal Crunchy chicken strip <b>//</b> 92 kcal	 5 cal	2.14 2.14 1.52 1.52 1.52 1.52
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 ♥ BEYOND MEAT patty Ø 184 kcal		each <b>1.97</b>

#### Chicken INCLUDES A DRINK

Char-grilled half chicken		
Chicken on the bone is marinated, slow cooked		
and finished on the char-grill.		
Lemon and herb / Char-grilled in a lemon & herb glaze		
Coleslaw, garlic & herb dip	soft drink*	
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal	10.83 each	
Hot and spicy <b>FFF</b> Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*	
Coleslaw, Naga chilli dip Chases Spinning 1970 keel Shing 1772 keel Mashed natute 1177 keel	12.36	
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal Side salad 948 kcal; Mediterranean salad 1058 kcal	each	
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	eacii	
Southern-fried chicken strips basket 🖊	alcoholic drink*	
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.21	
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	each	
Quorn™ 'no chicken' nuggets basket 🗾 🔍		
Eight coated pieces, coleslaw, sweet chilli sauce		
Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal		
Add: Chicken gravy (50 kcal) 94p		

## **Gourmet burgers**

Served with chips, six onion rings (871 kcal, included in Calories below).

#### Heatwave burger Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Grilled chicken breast 1754 kcal; Fried buttermilk chicken 2039 kcal Smoky jackfruit burger @ 1523 kcal

SITIOKY JACKIT UIT DUT GET 🥑 1525 KCal		
🕞 BEYOND MEAT plant-based patty, BBQ jackfruit, vegan cheese alternative		
<b>Jltimate burger</b> 1661 kcal		
wo 3oz beef patties, maple-cured bacon, Cheddar cheese,	soft drink*	

#### signature burger sauce, gherkin Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Choose: Beef (two 3oz beef patties) 1565 kcal 11.46 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, maple-cured bacon, alcoholic drink\* **12.91** red onion, gherkin, ketchup, American-style mustard

#### **Chicken burgers**

	oft drink* <b>5.4</b>	
Served with chips (602 kcal, included in Calories below).	soft drink*	
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet	7.73 each	
Grilled chicken breast burger 969 kcal	alcoholic drink*	
<b>Skinny chicken burger</b> 🧐 🐻 388 kcal Grilled chicken breast with salad, instead of chips	9.26 each	
Meat-free burgers Served with chips (602 kcal, included in Calories below).	soft drink*	
Fried halloumi-style cheese burger 💋 🛇 1128 kcal Sweet chilli sauce	<b>7.73</b> each	
Breaded vegetable burger ♥ 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* <b>9.26</b> each	
Beyond Burger <sup>™</sup> Ø 834 kcal. 🞧 BEYOND MEAT plant-based	patty	

## Curries Includes A DRINK

Katsu Quorn <sup>™</sup> nugget curry @ 685 kcal       10.26         Eight coated pieces       acch         Classic curries With basmati pilau rice,       soft drink*         plain naan and poppadums.       805 kcal         Mangalorean roasted cauliflower       8.4         & spinach curry // @ @ 867 kcal       alcoholic drink         Chicken tikka masala // 1190 kcal       alcoholic drink         Chicken jalfrezi /// @ 935 kcal       alcoholic drink         Beef Madras /// 1190 kcal       alcoholic drink         Change your plain naan to a garlic naan @ (add 58 kcal) 47p       Simple curries With basmati pilau rice or chips.         Simple Mangalorean roasted       soft drink*         Cauliflower & spinach curry // @       soft drink*         Simple Mangalorean roasted       cauliflower & spinach curry // @         Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal       soft drink*         7.62       each		
Katsu chicken curry 826 kcal       soft drink*         Sliced whole breaded chicken breast fillet       8.73         Katsu grilled chicken curry © 541 kcal       alcoholic drink         Sliced grilled chicken breast       10.26         Eight coated pieces       each         Classic curries With basmati pilau rice,       each         plain naan and poppadums.       soft drink*         Mangalorean roasted cauliflower       soft drink*         & spinach curry // Ø @ @ 867 kcal       alcoholic drink         Chicken tikka masala // 1190 kcal       11.37         Chicken jalfrezi /// @ 935 kcal       each         Beef Madras //// 1043 kcal       11.37         Change your plain naan to a garlic naan @ (add 58 kcal) 47p       soft drink*         Simple Mangalorean roasted       cauliflower & spinach curry // Ø         cauliflower & spinach curry // Ø       soft drink*         Simple Mangalorean roasted       cauliflower & spinach curry // Ø         cauliflower & spinach curry // Ø       soft drink*         T.62       each         simple chicken tikka masala //       r.62         Choose: Basmati pilau rice 800 kcal; Chips 1232 kcal       alcoholic drink         Simple chicken jalfrezi ///       soft drink*         P.15       acoholic drink <th></th> <th>ce,</th>		ce,
plain naan and poppadums.       soft drink*         Mangalorean roasted cauliflower       soft drink*         & spinach curry // @ @ 867 kcal       alcoholic drink         Chicken tikka masala // 1190 kcal       alcoholic drink         Chicken jalfrezi /// @ @ 935 kcal       alcoholic drink         Beef Madras // 1190 kcal       alcoholic drink         Change your plain naan to a garlic naan @ (add 58 kcal) 47p       soft drink*         Simple Curries With basmati plau rice or chips.       soft drink*         Simple Mangalorean roasted       soft drink*         cauliflower & spinach curry // @       soft drink*         Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal       soft drink*         Simple chicken tikka masala //       alcoholic drink         Simple chicken jalfrezi ////       \$232 kcal	Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ⊗ 541 kcal Sliced grilled chicken breast Katsu Quorn <sup>™</sup> nugget curry ⊘ 685 kcal	8.73 each alcoholic drink* 10.26
Rangator curry Image: Solution of the seach   & spinach curry Image: Solution of the seach   Chicken tikka masala Image: Solution of the seach   Chicken jalfrezi Image: Solution of the seach   Beef Madras Image: Solution of the seach   Beef Madras Image: Solution of the seach   Change your plain naan to a garlic naan (mage: Solution of the seach   Simple Curries With basmati pilau rice or chips.   Simple Mangalorean roasted   cauliflower & spinach curry   Choose: Basmati pilau rice (mage: Solution of the seach)   Simple chicken tikka masala   Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal   Simple chicken jalfrezi   Simple chicken jalfrezi		soft drink*
Chicken jalfrezi /// @ 935 kcal       11.37         Beef Madras //// 1043 kcal       each         Change your plain naan to a garlic naan @ (add 58 kcal) 47p         Simple Curries With basmati pilau rice or chips.         Simple Mangalorean roasted         cauliflower & spinach curry // @         Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal         Simple chicken tikka masala //         Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal         Simple chicken jalfrezi ///	•	
Change your plain naan to a garlic naan ♥ (add 58 kcal) 47p Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted cauliflower & spinach curry ♥♥ ֎ Choose: Basmati pilau rice ♥ 508 kcal; Chips 910 kcal Simple chicken tikka masala ♥♥ Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi ♥♥♥	Chicken jalfrezi 🖉 🖉 🚳 935 kcal	
Simple Mangalorean roasted cauliflower & spinach curry // @ Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal Simple chicken tikka masala // Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi ///		
cauliflower & spinach curry // @       soft drink*         Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal       7.62         Simple chicken tikka masala //       each         Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal       alcoholic drink         Simple chicken jalfrezi ///       9.15         Simple chicken jalfrezi ///       9.15	Simple curries With basmati pilau rice or chips.	
Simple chicken tikka masata //     alcoholic drink       Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal     alcoholic drink       Simple chicken jalfrezi ///     9.15	cauliflower & spinach curry 腪 ⊘	7.62
Simple chicken jath ezi		each alcoholic drink*

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

# On a fresh

Margherit Pepperon Ham and n BBQ chicke Mozzarella, BE Roasted v Mozzarella, m Vegan roa

#### Mushroom, roa **BBQ** jackf /// 🕢 😳 8

sliced chillies, Spicy mea Mozzarella, ha

9.93

each

alcoholic drink\*

each

## Addition

Red onion 🥝 1 Garlic & herb Chicken breast Pepperoni 🕖 109 kcal; Roasted vegetables 🥏 135 kcal

# Smal

Fish and o Small fres Peas 680 kcal Small Whi Four scampi, c

Add: Two slice Chip shop-sty Small Wilt

egg and ch One slice of Wi Small all-d Sausage, bacor Small vege Two Quorn sau

hoose from the a

# Pubo

Fish and Freshly ba Peas 1239 kcal Whitby bre Eight scampi, c Add: Two slice: Chip shop-styl

#### 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

## 11" pizzas INCLUDES A DRINK

<b>hly baked sourdough base.</b> ta 🖤 939 kcal. Mozzarella, basil	soft drink <b>8.68</b>	* alcoholic drink' <b>10.21</b>
	0.00	10.21
i // 1157 kcal. Mozzarella, pepperoni mushroom 1012 kcal. Mozzarella, ham, mushroon ken 1103 kcal BQ sauce, chicken breast, red onion, rocket regetable 1029 kcal nushroom, roasted pepper, courgette, onion, basil nsted vegetable 350 705 kcal	n, rocket	soft drink* 9.84 each alcoholic drink* 11.37 each
asted pepper, courgette, onion, basil		
i <b>ruit and vegan cheeze</b> 373 kcal. BBQ jackfruit, vegan cheese alternative, red onion, rocket	11.02	
<b>at feast ////</b> 1220 kcal am, pepperoni, chicken breast, sliced chillies, rock		12.55
al toppings		
10 kcal; Sliced chillies ######@ 3 kcal; Mushro	<b>om 🥝</b> 6 k	kcal each <b>88p</b>
dip 🥏 180 kcal; Mozzarella 🕐 150 kcal; Ham 71 k	cal	
st 94 kcal; Maple-cured bacon 91 kcal		each <b>1.15</b>

l pub classics INC	LUDES A I soft drink	
chips shly battered cod and chips 🧭	<b>7.84</b>	
or mushy peas 739 kcal		
<b>itby breaded scampi</b> chips, peas 658 kcal or mushy peas 718 kcal	7.84	9.37
es of bread 🔍 (383 kcal) <b>1.34</b> •le curry sauce 🥥 (118 kcal) <b>1.46</b>		
<b>tshire cured ham,</b> hips ()) 455 kcal iltshire cured ham, fried eqq	6.61	8.14
<b>day brunch</b> 666 kcal on, fried egg, baked beans, chips	6.91	8.44
etarian all-day brunch 🔮 680 kcal Isages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

6.09

7.62

each **1.53** 

**Afternoon deal** 

Mon - Fri, 2pm - 5pm

Classics INCLUDES A D	RINK <sup>®</sup> • • • •	alcoholic drink*
chips attered cod and chips 🤣	10.08	11.61
il or mushy peas 1298 kcal	10.00	) 11.01
<b>eaded scampi</b> chips, peas 1195 kcal or mushy peas 1255 kcal	10.08	11.61
es of bread 🔍 (383 kcal) <b>1.34</b> rle curry sauce 🥝 (118 kcal) <b>1.46</b>	••••••	•••••
idney pudding	8.32	9.85
red wine gravy ; 1223 kcal; <b>Mashed potato</b> 907 kcal		
and mash 950 kcal	8.32	9.85
shire sausages, peas, onion & red wine gravy <b>n bangers and mash (V</b> ) 793 kcal	8.32	9.85
ausages, peas, onion & red wine gravy <b>cured ham, eggs and chips</b> 856 kca	7.73	9.26
Niltshire cured ham, two fried eggs		
<b>, chips and beans</b> 1170 kcal shire sausages	7.73	9.26
Isages, chips and beans 🥏 1013 kca	l <b>7.73</b>	9.26
ausages 1 <b>chilli // Ø</b> 🥸 590 kcal. Rice, tortilla chips	8.32	9.85
r <b>unch</b> 1213 kcal , bacon, two fried eggs, baked beans, chips	9.72	11.25
es of black pudding (355 kcal) 1.51		
<b>n all-day brunch                                    </b>	9.72	. 11.25
rnoon deal	soft drink*	alcoholic drink*
r <b>i, 2pm – 5pm</b> m the above pub classic meals.	7.27	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* <b>11.25</b>	alcoholic drink* <b>12.78</b>
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* <b>13.59</b>	alcoholic drink* <b>15.12</b>
Add your choice of steak sauce: Creamy peppercorn sauce		
Jack Daniel's® Tennessee Honey glaze 🖤 (87 kcal) 1.82	z each	
Below meals are served with peas, tomato and mushroom.	soft drink	* alcoholic drink*
BBQ chicken melt       10.08       11.6'         Grilled chicken, Cheddar cheese, bacon, BBQ sauce       Choose: Jacket potato @ 803 kcal; Mashed potato 807 kcal       11.6'         Chopse: Jacket potato @ 803 kcal; Mashed potato 807 kcal       Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 608 kcal       11.6'		
<b>5oz gammon and egg</b> Choose: Jacket potato 🕸 610 kcal; Mashed potato 614 kc Chips 930 kcal; Mediterranean salad 526 kcal; Side sala		
10oz gammon and eggs	11.89	
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, pastas and noodles INCLUDES A DRINK

Ramen noodle bowl / @ @ 600 236 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Grilled chicken breast (94 kcal) 1.15 Poached egg @ (63 kcal) 93p	soft drink* <b>8.90</b>	alcoholic drink* <b>10.43</b>
Burrito salad bowl © 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) <b>1.97</b> Five-bean chilli 🖉 🔍 (119 kcal) <b>1.97</b>	8.62	10.15
Grilled halloumi-style cheese & roasted vegetable salad V 🐯 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast 🕸 🐯 279 kcal Southern-fried chicken breast strips 🐯 461 kcal	9.47	11.00
Mediterranean salad @ 38 (1997) 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese V (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06; Roasted vegetables @ (135 kcal) 1 Grilled chicken breast (187 kcal) 1.97	8.35 I.53	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.§		