Sides and extras

Bowl of chips 🥏 964 kcal	(Add: Spicy seas	oning 🥝	(8 kcal) 34p)	4.23
Small bowl of chips 🥝 🖉	02 kcal			2.48
Five chicken wings 📂	402 kcal			3.34
Eight Whitby breaded so	campi 527 kcal			4.99
Grilled halloumi-style c	heese V 446 k	kcal		1.97
Peas 🧭 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🥝 87 kcal				2.29
Roasted vegetables 🤕 1	35 kcal			1.53
Coleslaw V 399 kcal				1.40
Sliced chillies	🕖 3 kcal			88p
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

Desserts

Cheesecake V (1999) 437 kcal Raspberry & white chocolate cheesecake, strawberries, blueberries	5.33
Vanilla ice cream (V) (555) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch ♥ (‱) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie V (555) 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
Fresh fruit (V) 68 (1999) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate brownie 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
Add: Vanilla ice cream scoop ♥ (135 kcal) 94p Belgian chocolate sauce ♥ (61 kcal) 42p Toffee sauce ♥ (74 kcal) 42p	

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.

Banana 🧭 (101 kcal) 62p

Strawberries (14 kcal) 62p

Blueberries Ø (17 kcal) 62p

• 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 7am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	7.43
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.75
Small breakfast (555) 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.19
Add: Haggis (246 kcal) 1.40; Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast ♥ 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.43
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.75
Small vegetarian breakfast () (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.19
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.36
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.19
Two slices of toast with jam or marmalade V () 496 kcal White bloomer bread	2.58
Breakfast extras	

Add any of the following:		
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal
Quorn [™] sausage ⊘ 116 kcal	1.05	Fried egg V 56 kcal
Baked beans 🥏 126 kcal	93p	Poached egg V 63 kcal

Breakfast deals

Includes tea, coffee or hot chocolate. Free refills **Breakfast roll** 3.77 Choose: Bacon (303 kcal; Sausage 540 kcal; Quorn[™] sausage ♥ (100) 436 kcal; Fried egg ♥ (100) 260 kcal Haggis (559 kcal; Black pudding 559 kcal Egg & cheese muffin V (1999) 249 kcal 3.77 Fried egg, American-style cheese, in an English muffin Egg & bacon muffin 1988 kcal 4.23 Fried egg, bacon, American-style cheese, in an English muffin Egg & sausage muffin 5 417 kcal 4.23 Fried egg, sausage, American-style cheese, in an English muffin 4.23 Egg & Quorn[™] sausage muffin ♥ 5 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin 4.47 Breakfast muffin (500) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin 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

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. ⁺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

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
Mushroom Benedict 🖤 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92
Scrambled egg on toast 🛛 570 kcal Three eggs, buttered white bloomer toast	4.36
Beans on toast V 😳 566 kcal. Buttered white bloomer toast	3.77
Small beans on toast 💟 🚳 🐨 251 kcal Buttered white bloomer toast	2.62
Fresh fruit @ 69 (555) 177 kcal Apple, banana, blueberries, strawberries	3.77
Porridge ♥ ∞ ∞ ∞ 252 kcal (plain) Add: Banana Ø (101 kcal) 62p: Strawberries Ø (14 kcal) 62p Blueberries Ø (17 kcal) 62p: Honey ♥ (91 kcal) 34p	2.09
Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.93
Vegetarian breakfast wrap ♥ 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.93

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

-Tea. coffee and hot chocolate -

Flat white
92 kcal FREE Cappuccino 💟 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso ⊘ 6 kcal TEA, COFFEE AND Black coffee Ø 6 kcal HOT CHOCOLATE White coffee **V** 24 kcal - ALL DAY EVERY DAY -(Oat milk available 🕢 4 kcal) Hot chocolate 🕐 169 kcal Tea Tetley with semi-skimmed milk \heartsuit 14 kcal (Oat milk available 🤕 4 kcal) Decaffeinated tea and coffee available.

Walkers shortbread V 151 kcal 71p

for the facts drinkaware.co.uk ្អ jdwetherspoon.com \neg

£1.56

Biscuits

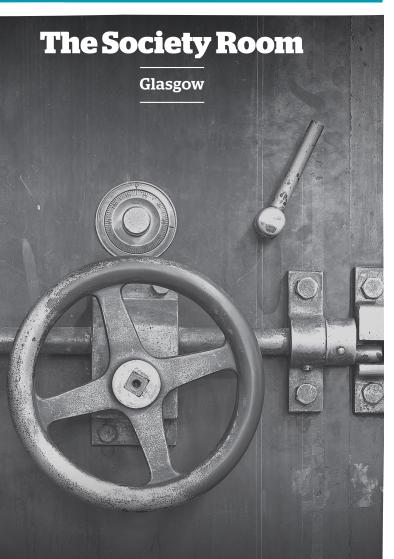
Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

SCOCITY **Z**

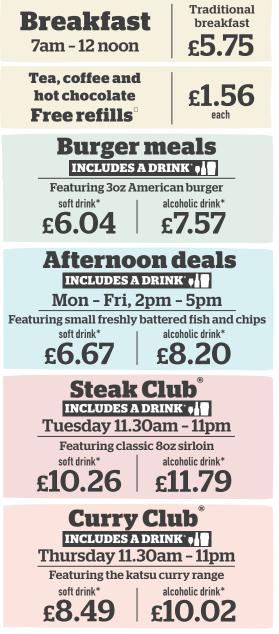


Main menu 11.30am - 11pm. Children's menu available.

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



West George Street was once home to every bank and insurance company of note. Among them was the Star Life Assurance Society, which was housed in the building on the site of this Wetherspoon pub. Established in 1824, the Alliance Assurance Company was at 151 West George Street during c1880-c1970. In its early days, the Alliance was managed by Stewart Lawrie. He was also 'local secretary' of the Westminster Fire Office, another company at this address.



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.



Food **∩vgiene[†]informatic** PASS

Food hygiene information scheme

We have been awarded the food hygiene rating



of PASS in our pub.

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

Traceable from farm to fork.



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



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

Tea

Coffee

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.§

wetherspoon hotels

Scotland and Wales jdwetherspoon.com or on our app





Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

o pizzas on a nesiny baken sourdough base.	
Margherita ♥ (‱) 470 kcal Mozzarella, basil	6.04
Haggis 597 kcal Mozzarella, haggis, red onion	6.61
Pepperoni 💋 578 kcal Mozzarella, pepperoni	6.61
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.61
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.61
Roasted vegetable 🔮 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.61
Vegan roasted vegetable @ 53 (55) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.61
Spicy meat feast FFF 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.20
	5.57
With any of the small plates below, choose one dip: Sweet chill // @ 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 👽 뻀 396 kcal	4.96
Chicken bites (555) 298 kcal Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / (559 kcal Five chicken breast strips	6.20
Chicken wings #### 804 kcal Ten spicy chicken wings	6.75
Quorn™ nuggets @ 331 kcal. Eight coated pieces	5.19

Deli Deals[®] INCLUDES A DRINK

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

Paninis

Haggis and Cheddar cheese 687 kcal

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal	soft drink* 6.27
BBQ chicken, bacon and Cheddar cheese 572 kcal	each alcoholic drink*
Wraps	7.80

each

Wraps

Shawarma chicken **F** 749 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Quorn[™] nuggets Ø 534 kcal Tomato, cucumber, salsa

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

Fried halloumi-style cheese and sweet chilli sauce **//** 38 kcal Tomato, cucumber

Add: Chips 🧭 (602 kcal) Salad 🧭 (87 kcal) Spicy rice (208 kcal) 1.44 each

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

American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion Skinny beef burger () 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	soft d 6.(ea alcoholi 7.(ea	04 ch c drink* 57
American cheese burger 729 kcal	soft drink* oholic drink*	
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 d 8.3 ea alcoholi 9.8 ea	30 ch c drink* 33
	soft drink* coholic drink*	
Gourmet burgers	ories belo	w).
Served with chips, six onion rings (871 kcal, included in Cal Caledonian burger 1713 kcal Two 3oz beef patties, haggis, whisky sauce		
Caledonian burger 1713 kcal	soft d 10. ea alcoholi 12. ea	51 ch c drink* 04

Jacket potatoes Includes A DRINK

With salad and one filling. Extra fillings 1.22 each.	
Coleslaw 🔮 578 kcal	soft drink* 7.43
Cheese 👽 531 kcal	each
Baked beans @ 😵 501 kcal	alcoholic drink* 8.96
Roasted vegetables 🥥 🥸 5 402 kcal	each

Chicken baskets Includes A DRINK

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 Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	soft drink* 9.25 each alcoholic drink*
Southern-fried chicken strips basket 🖊 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.78 each
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	
Quorn [™] 'no chicken' nuqqets basket 🗾 🖤	

luorn – no chicken nuggets basket 🗾 Eight coated pieces, coleslaw, sweet chilli sauce Choose Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Just-a-burger Served on its own, without chips or a drink. American burger (555) 366 kcal Red onion, gherkin, ketchup, American-style mustard 3.59 each Crunchy chicken strip burger / 🐻 459 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise **Chicken burgers** Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger / 787 kcal soft drink* 6.04 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 7.57 Served with chips (602 kcal, included in Calories below). soft drink* Fried buttermilk chicken burger 1254 kcal 8.30 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* 9.83

Skinny chicken burger 🧐 5 388 kcal Grilled chicken breast with salad, instead of chips

Meat-free burgers

Served with chips (602 kcal, included in Calories below).	8.30
Breaded vegetable burger ♥ 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	each alcoholic drink* 9.83
Beyond Burger™ @ 834 kcal S BEYOND MEAT plant-based patty	each
Additional toppings and burger patties	
Maple-cured bacon with Cheddar cheese 174 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese V 83 kcal	1.52
American-style cheese V 69 kcal	1.52
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip 🕖 92 kcal	1.50
3oz beef patty 169 kcal	
Grilled chicken breast 187 kcal	
Fried buttermilk chicken 473 kcal	each 1.97
Breaded vegetable patty 💟 257 kcal	

Pastas and noodles

INCLUDES A DRINK

BEYOND MEAT patty @ 184 kcal

	soft drink* alcoholic drink*		P .
Ramen noodle bowl 🖉 🕢 🕸 (555) 236 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth	9.47	11.00	Fi Pe W Ch
Add: Grilled chicken breast (94 kcal) 1.15			Eiç
Poached egg V (63 kcal) 93p			Ad Ch
Macaroni cheese 🕥 1186 kcal Chips	8.35	9.88	Si
Add: Cheese V (83 kcal) 1.52 Maple-cured bacon (91 kcal) 1.52			W Tw
Pasta alfredo V 618 kcal	9.47	11.00	Sa Th
Fusili pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket	7.47	11.00	Ve Th
Add: Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52			A Tw
	10.00	44 E /	Ad Ve
British beef & pancetta lasagne Choose:	10.03	11.56	Th
Side salad 780 kcal Chips 1295 kcal			
			Ν

Curries Includes A DRINK

Katsu curries

Classic curries With basmati pilau rice.

each

soft drink*

......

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 Wi

After Mon - Fr

Pubo

Fish and Freshly ba Peas 1239 kca

Whitby bre Chips, peas 11 ight Whitby br dd: Two slice hip shop-styl

Steak & ki Chips, peas, on

Niltshire of the second seco wo slices of W

Sausages Three Lincolns

/egan sau Three Quorn sa All-day br

wo sausages dd: Two slice Vegetariar



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

soft drink*

9.31

each

alcoholic drink*

10.84

each

soft drink*

10.43

each

alcoholic drink*

11.96

each

Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet

Katsu grilled chicken curry 😳 541 kcal Sliced grilled chicken breast

Katsu Quorn[™] nugget curry Ø 685 kcal Eight coated pieces

plain naan and poppadums.

Mangalorean roasted cauliflower & spinach curry **FF** @ 3867 kcal

Chicken tikka masala 🗾 1190 kcal

Beef Madras //// 1043 kcal

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

I pub classics Includ		RINK* •
chips	Sort urmik	
shly battered haddock and chips 🧭 or mushy peas 739 kcal	8.44	9.97
itby breaded scampi 18 kcal or mushy peas 718 kcal. readed scampi	8.44	9.97
es of bread 🔍 (383 kcal) 1.34 vle curry sauce 🥥 (118 kcal) 1.46		•••••••
tshire cured ham, hips (55 kcal iltshire cured ham, fried egg	7.20	8.73

n	00	m	d	ea	
i, 2	pm	- 5p	m		

soft drink* alcoholic drink* 6.67 8.20

classics includes a d		_
chips	soft drinl	k* alcoholic drink*
attered haddock and chips 🤗 Il or mushy peas 1298 kcal	10.65	5 12.18
eaded scampi 95 kcal or mushy peas 1255 kcal. readed scampi	10.65	5 12.18
es of bread 💟 (383 kcal) 1.34 rle curry sauce 🥥 (118 kcal) 1.46		
i dney pudding 1223 kcal nion & red wine gravy	8.91	10.44
cured ham, eggs and chips 856 kca Wiltshire cured ham, two fried eggs	al 8.3 2	9.85
, chips and beans 1170 kcal shire sausages	8.32	9.85
isages, chips and beans @ 1013 kca ausages	al 8.3 2	9.85
r unch 1213 kcal , bacon, two fried eggs, baked beans, chips es of black pudding (355 kcal) 1.51	10.31	11.84
n all-day brunch ♥ 1126 kcal ausages, two fried eggs, baked beans, chips	10.31	11.84
r noon deal ri, 2pm - 5pm	soft drink* 7.84	alcoholic drink* 9.37

On a freshly baked sourdough base.	soft drink	* alcoholic drink*
Margherita ♥ 939 kcal Mozzarella, basil	9.25	
Haggis 1194 kcal Mozzarella, haggis, red onion		
Pepperoni 💋 1157 kcal Mozzarella, pepperoni		soft drink*
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket		10.43 each
BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		alcoholic drink* 11.96 each
Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, ba	sil	
Vegan roasted vegetable @ 😵 705 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast /// 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, r	rocket	13.13
Additional toppings		
Red onion @ 10 kcal Sliced chillies #######@ 3 kcal Mushroom @ 6 kcal		each 88p
Garlic & herb dip ⊘ 180 kcal Mozzarella ♥ 150 kcal Ham 71 kcal		
Chicken breast 94 kcal Maple-cured bacon 91 kcal		each 1.15
Pepperoni 🍠 109 kcal Roasted vegetables 🥏 135 kcal		each 1.53

11" pizzas Includes A DRINK

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 Choosesoft drink* alcoholic drink* Jacket potato 741 kcal 11.84 13.37 Chips 1061 kcal Side salad 546 kcal Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. soft drink* alcoholic drink* Choose: 14.18 Jacket potato 993 kcal Chips 1314 kcal Side salad 798 kcal Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal)

Jack Daniel's[®] Tennessee Honey glaze (87 kcal) Whisky sauce (81 kcal) each **1.82** Below meals are served with peas, tomato and mushroom soft drink* alcoholic drink* Mixed arill 12.48 14.01 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal Chips 1513 kcal; Side salad 997 kcal Large mixed grill 14.23 15.76 Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal Chips 2006 kcal; Side salad 1491 kcal Add: Haggis and whisky sauce (313 kcal) 2.75

Adults need around 2000 kcal a day.§

15.71